

Produce of the Month

Peas



Nutritional Information

- One serving of peas is **60 calories**
- Peas are a great source of *many* vitamins and minerals including: **calcium, zinc, vitamin C, and folate**
- Peas are excellent for weight management—they're **low in fat** and **high in protein, fiber, and micronutrients**
- Peas have **anti-aging properties**, and promote a **strong, healthy immune system**

Selecting & Storing

- Fresh peas are in season from May until October
- When buying fresh peas choose **small to medium-sized pods** and **avoid** pods that are **cracked or limp**
- Use the peas as soon as possible—they have a short shelf life
- Peas will stay **fresh for a few days** when kept in a plastic bag in the vegetable crisper or...
- Blanch the shelled peas and **freeze** them in a freezer bag for **up to 6 months**

Cooking Suggestions

- Peas pair well with: mint, thyme, basil, dill, chives, tarragon, onion, garlic, scallions, and shallots
- Peas cook quickly and can be boiled, braised, added to stews, risottos, and pasta, mashed into a dip/spread, or turned into soup
- Use peas with other spring vegetables like asparagus, carrots, fava beans, and potatoes
- Try combining peas and rice for a simple, delicious side dish

Fun Facts

- Sweet pea blossoms are distilled to create an essence for many lotions, soaps, and perfumes
- The oldest pea was found in Thailand—it was 3,000 years old!
- The Guinness World Record for the most peas eaten in one minute with chopsticks is 7,175

Manchester's Message for a Healthier You

9

5

2

1

0

9 Hours of Sleep – 5 Servings of Fruits & Vegetables – 2 Hours or less of Screen Time – 1 Hour of Physical Activity – 0 Sugary Beverages

For more information visit: <http://95210.townofmanchester.org/>

For more ideas, see: <https://www.whfoods.com/> Search: Peas