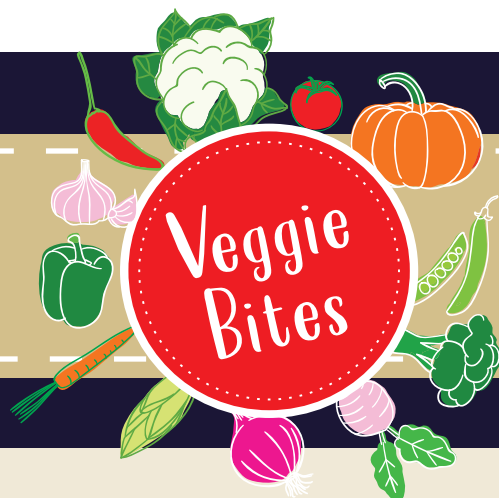


Peas Chicaros



Try It!



Selection

Garden pea varieties have smooth or wrinkled seeds.

The smooth-seeded varieties tend to have more starch than the wrinkled-seeded varieties. The smooth-seeded types are often used to make dried beans or split-pea soup.

The wrinkled-seeded are generally sweeter and usually preferred for home use.

Uses

Peas can be eaten raw or cooked. Some varieties are best when cooked while others are better when raw.

Peas can be steamed, sautéed, or stir fried quickly to retain the bright green color and maintain the vitamin C in them.



SUGAR-SNAP PEA AND STRAWBERRY SALAD

Ingredients

- 2 T Extra virgin olive oil
- 2 t Raspberry vinegar
- 1/4 t Dijon mustard
- 1/4 lb Sugar-snap peas w/pods strings removed
- 1 lb Ripe strawberries-slice thick

Instructions

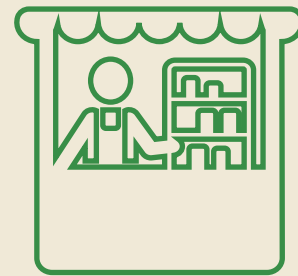
1. Combine the oil, vinegar and mustard in a small bowl; whisk thoroughly and set aside.
2. Steam the sugar-snap peapods for 30 seconds or until bright green but still crunchy.
3. Remove from the heat, drain, then quickly run cold water over them to stop the cooking and drain again. Combine the peas with the berries.
4. Whisk the dressing again and drizzle over the salad. Serve immediately or chill for no more than 1 hour.

History & Fun Facts

Green garden peas are legumes just like dried peas, except they are eaten at the immature stage.

The smaller pods are sweeter and more tender. Use these for eating raw and cook the larger ones. The shelled peas should be plump but not large.

There are 2 common varieties of peas, green garden peas that need shelling and edible-pod peas that are eaten whole: Snow peas, Sugar snap peas and Chinese pea pods and many others fall into this category.



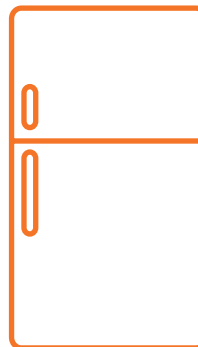
BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Wash garden peas just before shelling.
- It is not recommended to use soap or detergent or commercial produce washes when washing fruit and vegetables.
- Dry produce with a clean cloth towel or paper towel, as it will further reduce bacteria that may be present.



NUTRITION FACTS

Fat free

Good source of potassium

Good source of fiber

Good source of Vitamin A

Good source of Calcium

Cholesterol free



Swipe at the Information Booth on the corner of 2nd and Main.
Double your \$10 EBT swipe on the 1st Saturday of each month!



Swipe & Shop



FOR MORE INFORMATION...

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.gov; <http://simple-nourished-living.com>

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