

What's In Season? Peas!

Originating for Northern Africa and the Mediterranean area, peas come in three major types: garden, snow, and snap. They are a versatile food that can be used fresh, frozen, canned, or dried.

Nutrition Highlights

Peas provide vitamin C, potassium, folic acid, vitamin A, vitamin K, folic acid, B-vitamins, calcium, iron, copper, zinc, and manganese. They are also a good source of fiber (5 grams per ½ cup) and provide 115 calories per cup.



How to Select & Store

Choose peas with bright green, firm, crisp pods. Avoid those with wilted or yellow-colored pods, or pods that are drying along the stem. Peas are best eaten soon after harvest. They should be stored in a plastic bag in the vegetable drawer of the refrigerator or in a relatively high humidity environment within the refrigerator, where they will keep for up to 3 days.

How to Prepare:

1. Keep peas in pod, or push them out of pod with thumb into a colander. Rinse with cold water and drain well.
2. Cooking Ideas:
 - Stir-fry: Heat 2 tsp olive or canola oil in a hot skillet. Sauté peas in oil for 3-5 minutes, tossing and stirring until bright green and tender.
 - Boil: Bring water to a boil. Boil for 2-3 minutes until tender.
 - Steam: Bring 1 inch of water to a boil in a large skillet with a steamer basket. Add peas, cover and cook for 3-5 minutes
 - Microwave: Place 1.5 cups of fresh or frozen peas and 1 TBSP water in a microwave safe container. Cook on full power for 4 minutes.

Recipe: Pea Guacamole

Ingredients

- 2 cups fresh peas or 9- ounce package of frozen peas
- ½ small ripe avocado
- ½ cup cilantro, stems removed
- ½ ripe tomato, deseeded & chopped
- 1/3 cup chopped onion- optional
- Squeeze of fresh lime juice



Directions

Boil peas for 3-4 minutes or according to package instructions. Empty into a colander, drain and rinse with cold water. Place peas, avocado and cilantro in a blender and blend to desired consistency. Spoon into a bowl with chopped tomato and onion. Add a squeeze of lime juice, stir, and serve. Makes 2 cups. Serving Size ¼ cup.

Recipe Courtesy of <http://lowfatcooking.about.com/od/summer/r/guacamole.htm>

Nutrition per ¼ cup: 52 calories, 16 calories from fat, 1.8g fat, 0 mg cholesterol, 44 sodium, 6.8 g carbohydrate, 2.6 g fiber, 2.3 g protein

Farmer's Markets

It's that time of year again. Farmer's Markets are opening up all over Snohomish County. Check your local market for market dates and hours. You can also find a list of markets and what's in season at <http://www.pugetsoundfresh.org/>.



Announcing: Everett Farmers Market at the Everett Marina on Sundays, is now accepting Basic Food benefits (previously known as Food Stamps).

Senior Services of Snohomish County

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