



Peas

Plant: Peas should be planted in early spring or late summer. Prior to planting, they should be inoculated with a nitrogen fixing bacteria. They should be planted 3-6" away from other plants and in rows spaced 36" apart. The seeds should be placed 1.5-2" into the soil. Peas should also not be planted in the same area where grown in 2 successive seasons.

Grow: Peas should be grown in full sun in north or south aligned rows. They will not tolerate cold, wet soil. A sprinkling of wood ashes may be beneficial for growth, however make sure not to over fertilize as peas are especially sensitive to too much nitrogen. Watering should occur only sparsely unless the plants are wilting.

Harvest: Harvesting should take place in about 60 days. Peas should be picked in the morning after the dew has dried to ensure crispness. When picking hold the vine with one hand and pull the peas off with the other hand.

Nutritional Information:

Nutrition Facts	
Serving Size 2/3 cup (89g)	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 5g	

Peas are a great source of vitamin K, manganese, vitamin C, thiamin (vitamin B1), and fiber. They are known to help lower cholesterol, strengthen your immune system, maintain blood glucose levels, and promote bone and heart health. Lutein is a carotenoid in green peas that help reduce the risk of cataracts and macular degeneration of the eye.

How to Prepare: Peas come in various types, such as snap peas, green peas, and Asian snow peas. To prepare, buy shell peas in the pod and shell them prior to cooking. For snow peas or sugar snap, trim the ends before cooking. To cook you can boil, steam, sauté, or add in other ingredients such as herbs, basil, butter, sesame oil, artichokes, and many more.



Pea Guacamole

Yields: 4 servings

Serving size: 1/3 cup

Ingredients

1 lb frozen/fresh peas
1 small onion, grated
2 cloves garlic, crushed
1 red chili, deseeded and chopped
Juice of 1 lime
2 tbsp coriander, chopped
Salt and freshly ground black pepper
Tabasco

Preparation

1. Cook peas for 3-4 minutes in lightly salted boiling water or until tender. Drain and allow to cool slightly.
2. Put peas in a food processor with all remaining ingredients (apart from a sprinkling of the chopped chili). Pulse until mixture is crushed but not completely smooth.
3. Season with salt, freshly ground black pepper and a few drops of Tabasco as required.
4. Transfer to a serving bowl and garnish with remaining chopped chili.

Nutrition Facts per Serving:

100 calories, <1 g fat, 15 g carbohydrates, 2 g fiber, 2 g protein