

## Vegetable of the Week - Green Peas



### When are green peas in season?

Mid-April through May

### How do I buy fresh green peas?

Pods that are firm, green and not too large. Snow-peas and sugar snap peas are eaten pod and all.

### How do I store green peas?

Store in the refrigerator.  
Use within 3-5 days.

### How do I prepare them?

Shell peas just before cooking. Boil or steam for 10-12 minutes or until just tender. Microwave for about 5-7 minutes. Snow-peas and sugar snap peas, trim ends before cooking. Boil, steam, or microwave for about 3-4 minutes. Microwaving or steaming preserves nutrient value.  
2 pounds of pods = 1 cup shelled peas.

Did you know that eating 5 servings of fruits and vegetables each day is one of the more important choices you can make to maintain your health?



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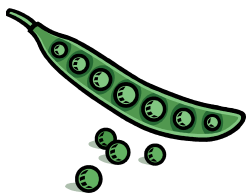
## STEPS TO A HEALTHIER YOU

### Introducing Vegetables to Your Family

If the vegetable is new to your family:

1. Offer but don't force them to try.
2. Be a model. Eat the new vegetable yourself.
3. Serve the vegetable with favorite foods.
4. Let children help prepare the vegetables.

#### Recipe Peas and Onions



- 1 cup shelled peas
- 1 medium Spanish onion
- Canola or vegetable oil

Chop onion and sauté in oil until lightly browned. Add peas and 1/4 cup water and simmer over low heat for 3 to 5 minutes or until peas are tender. Stir. Serves 2

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The Food Stamp Program helps end hunger and provides healthy foods for low-income families. To find out more about food stamp benefits contact your local office of Family Resources.