



*Pick it! Try it! Like it!*

## PEAS

### *Pick it!*

Peas are a member of the legume or bean family.

Pea plants develop pods that enclose fleshy seeds. Pod thickness depends on the variety.

Fresh green peas should be refrigerated to keep their sugar from turning to starch making them less sweet.

Store in the refrigerator in a plastic bag for 2-3 days. Eat them as soon as possible.

### *Try it!*

Peas can be eaten fresh or cooked by steaming, sautéing, or stir-frying.

Rinse and shell green peas in large pods right before cooking. Pull the string from the pod, open the pod, push out the peas.

Trim the stem from the snow peas prior to cooking.

Remove the string and stem end from small, flat, sugar snap peas prior to eating.

Wash before eating.

All cooking methods should be done quickly to retain as many nutrients as possible.



### Garden

- Smooth starchy seeds in a pod which is removed before eating
- May be dried, used in dishes like split pea soup



### Snap Peas

- Pods are low in fiber
- Snap pods and eat with the peas inside



### Snow Peas

- Harvested as flat, tender pods- before peas develop
- Great in stir-fry to avoid over cooking

# Red Cabbage & Snap Pea Salad

by Keller's Green Grocer Chef Addison Avery



Addison Avery has recently opened his food market and deli in Downtown Sioux Falls called Keller's Green Grocer, located on the first floor of the Carpenter building. He is devoted to improving the agricultural system in the Midwest and is passionate about supporting local farmers. With this goal in mind, his menu is filled with many fresh, locally produced, and seasonal ingredients

## Ingredients *(opt.) means optional*

- 1/2 ea red cabbage
- 2 ea carrots
- 2 handfuls sugar snap peas
- 1 bunch green onion
- 1/2 cup roasted peanuts
- 1/4 cup sesame or olive oil
- 1/4 cup rice vinegar (opt.)
- 1 bunch cilantro (opt.)
- 1 inch fresh ginger (opt.)
- 2 tbsp black sesame seeds (opt.)



Preparation time: 15 minutes

## Directions

Cut the cabbage and carrots into long thin strips, like matchsticks.

Slice the snap peas and green onion diagonally.

Roughly chop cilantro (opt.).

Chop ginger into tiny chunks (opt.).

In a large bowl, toss with oil, peanuts, and remaining ingredients.

Season with salt and pepper to taste.

## Did you know?

Mature snap peas are oftentimes "stringed", which means the long string that runs across the top of the pod is removed before being eaten.

*Recipe yields four servings.*



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