



Peas

How to Prepare

Peas are a great northern crop. They grow quickly (55-75 days typically), produce a significant amount of food with little soil, are excellent served fresh, and freeze well too.

You can harvest many varieties of pea pods before the peas reach maturity. Often referred to as snow peas or snap peas, these pods are tender and make a great snack, salad topping, or stir-fry ingredient.

If the peas and pods can be left to reach full size, then the peas within are sweet and delicious, but the pods are typically too tough and fibrous to eat. Fortunately, you can use pea pods to enhance stocks or add flavours to braising liquid. For help shelling fresh peas, check out this simple video: <https://youtu.be/BOV1BFPq34w>

Whether you're enjoying the pods or the peas within, you are best to store fresh peas in the refrigerator, in a perforated bag or unsealed container that will allow air to circulate.

Try Using Pea Pods:

- In salads
- In sautés or stir-fries;
- As a low-calorie crunchy snack;
- With dip or hummus;

Try Using Shelled Peas:

- In soups or stews;
- Steamed or boiled;
- In pot pies or casseroles;
- In curries like aloo, paneer, dhal;
- As snacks, roasted and salted;
- As English Mushy Peas; and
- As a spread or hummus;

Nutrition Highlights

- Very high in Vitamin A, C & K;
- A source of calcium and iron;
- A very good source of fiber;
- A good source of folate;
- A very good source of thiamin.

Nutrition Facts	
Serving Size 100 grams (100 grams)	
Amount Per Serving	
Calories 81	Calories from Fat 3
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 5g	
Vitamin A 15%	Vitamin C 67%
Calcium 2%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Recipe: Green Pea Hummus

Ingredients

- 1 pound of shelled sweet peas, (use thawed frozen peas if fresh isn't available)
- ¼ cup extra virgin olive oil
- 2 garlic cloves, chopped
- 2 tbsp lemon juice
- ½ tsp Salt and pepper or to taste

Instructions

1. Set aside ¼ cup of peas for garnish
2. Place remaining peas, olive oil, garlic, lemon juice and seasoning in a food processor and blend until desired consistency, about 30 seconds. Adjust seasoning if necessary.
3. Scrape hummus into a bowl, sprinkling the reserved peas on top. Drizzle with additional olive oil and serve with crackers or pita

Use this recipe as a base for different flavour additions. Try adding ½ cup chopped mint leaves and 2 ounces of feta to step 1 for a bright new creation.

The bright green colour is fun for kids and a great snack to pack with cut veggies in their lunches.

Add more fiber and protein to this hummus by adding a can of rinsed chickpeas to the food processor with the other ingredients.

Peas freeze and hold their bright fresh flavour and colour very well. Freeze your extra peas to enjoy this recipe all year long.