

HARVEST OF THE MONTH: PEAS



NUTRITION FUN FACTS:

- Peas are an excellent source of vitamin K. They are also a good source of fiber, vitamin C, vitamin A, and folate.
- Peas also contain lots of thiamin, also called vitamin B1. Vitamin B1 helps to keep the body's nerves and nervous system healthy.

Fun snack ideas!

HOW TO EAT PEAS:

1. Try different varieties of peas! Field peas, snow peas, and sugar snap peas all make delicious, healthy snacks or additions to meals.
2. Serve raw peas alongside hummus or another healthy dip for a great snack!

Pick the yummiest!

THINGS TO LOOK FOR:

1. When buying fresh green peas, always look for them in the pod.
2. Fresh pea pods should be firm, bright green, and look like they are almost bursting.
3. Store fresh peas in the refrigerator in an open plastic bag.

BEST TIME TO EAT:

JULY - AUGUST



UNC Center for Health Promotion and Disease Prevention

RECIPE: ELAINE'S GREEN-MASH POTATOES

DIRECTIONS

1. Peel and dice potatoes.
2. Simmer potatoes for about 10 minutes, until soft when pierced with a fork.
3. Cook peas in microwave for about 3 minutes; drain and reserve.
4. Heat milk until hot. Add garlic cloves and let stand for 5 minutes.
5. Puree peas, 1/4 cup milk, and garlic cloves using a blender.
6. Drain potatoes and begin to mash.
7. Slowly add 3/4 cup milk while mashing.
8. Blend in the pureed peas and garlic, margarine, and white pepper, if using, to the mashed potatoes.
9. Just before serving, lightly sprinkle salt on top.

INGREDIENTS

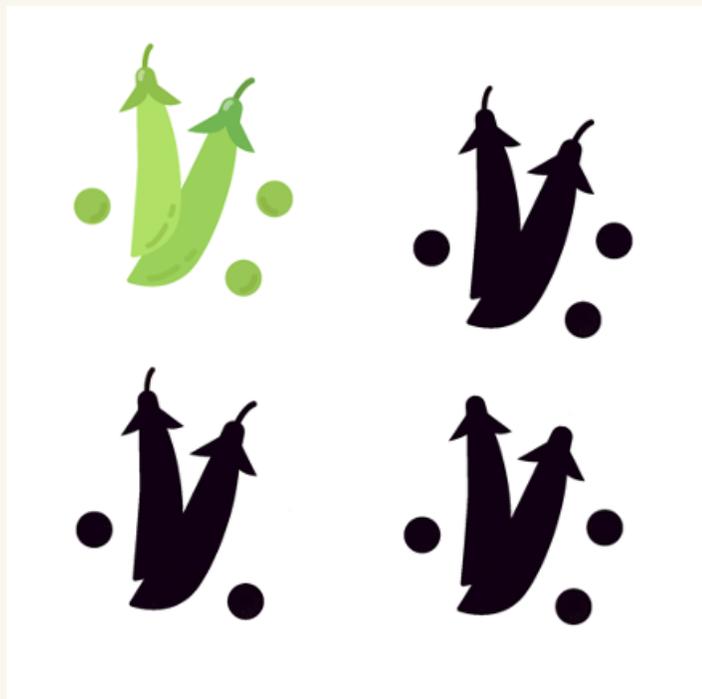
Makes 8 servings:

- 7 medium potatoes
- 1 cup skim milk, divided
- 2 garlic cloves, peeled
- 1 cup fresh or frozen peas
- 2 tablespoons tub margarine
- 1/8 teaspoon white pepper (optional)
- 1/4 teaspoon Kosher salt

[HTTPS://WWW.CHOOSEMYPLATE.GOV/RECIPES/MYPLATE-CNPP/ELAINES-GREEN-MASH-POTATOES](https://www.choosemyplate.gov/recipes/myplate-cnpp/elaines-green-mash-potatoes)

ACTIVITY: LIKE PEAS IN A POD

Peas are full of healthy nutrients that help your eyes see, bones grow, and heal cuts and scrapes. They grow in pods with many peas to each pod like the picture below. Can you match the pea pod to its shadow? Only one of the shadows is right!



PEA POD DESIGNED BY RAWPIXEL.COM AT FREEPIK.COM