

ISLAND GROWN HARVEST OF THE MONTH JUNE 2013 PEAS



Harvest of the Month is a great way for your family to explore, taste, and learn about eating more fruits and vegetables every day.

How Much Do I Need?

- A 1/2 cup of peas is about one cupped handful.
- A 1/2 cup of peas (fresh or cooked) is an excellent source* of vitamin K
- Peas are also a good source* of fiber, vitamin C, vitamin A, folate, and thiamin. Thiamin is also called vitamin B1. It helps keep the body's nerves healthy.

When are Peas in Season?

- Pea pods are available on Martha's Vineyard from local farms in June and early July.
- Pea shoots are available year round.

HEALTH TIP

Eating a variety of colorful fruits and vegetables can help your family stay healthy, feel good, and may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, and certain types of cancer.

Nutrition Facts

Serving Size: 1/2 cup green peas, cooked (80g)
Calories 67 Calories from Fat 2

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	18%
Sugars 5g	
Protein 4g	
Vitamin A 13%	Calcium 2%
Vitamin C 19%	Iron 7%

Harvest of the Month is a program that highlights a locally available crop each month of the school year in school cafeterias, restaurants, and grocery stores. The goal is to help children, their care-givers, and the broader community experience healthy, seasonal, whole-foods based meals, while supporting local and regional farmers.

Produce Tips

- When buying fresh green peas, always look for them in the pod.
- Fresh pods like snow and sugar snap peas should be firm, bright green, and look like they are almost bursting.
- Store fresh peas in the refrigerator - unwashed and in an open plastic bag - for up to three days.
- Choose low-sodium varieties of frozen or canned peas

Healthy Serving Ideas

- Add frozen or canned green peas to soups, casseroles, and rice.
- Serve fresh snow and sugar snap peas with lowfat dip for a crunchy snack.
- Toss fresh or frozen snow and sugar snap peas with vegetables and chicken strips for a healthy stir-fry.
- Simmer green peas with sliced mushrooms and chicken broth.

for more information visit islandgrown.org/harvestofthemoth

This material is adapted from Harvest of the Month by the California Department of Public Health's Network for a Healthy California with funding from USDA SNAP (formerly the Food Stamps program). For SNAP information, call 1-866-950-3663.

