



GTCG WEEKLY

Recipes, Garden Pests and TidBits

Newsletter

Issue #6

Green Peas

[Scientific name: Pisum Sativum |

Garden-grown peas are a delicious addition to your summertime meals. They are fun for children to help plant and harvest. A variety of methods of food preservation are available to allow you to preserve the flavor of your harvest.

GROWTH

Peas are one of spring's first crops and planted as soon as the ground is thawed, holding up even after snow falls. Peas are very easy to grow but the growing period is very limited. Plant peas according to the information on the seed packet – in a sunny location about 2 inches apart in rows about 7 inches apart.



DISEASES/PESTS

Fusarium wilt is a fungus that can make plants wilt in the daytime; the leaves will turn yellow, and the growth of the plant is stunted. Destroy the infected plants, avoid excessive nitrogen in soils, and disinfect garden tools between uses. Mexican Bean Beetles can cause lacy, skeletonized leaves. Remove these beetles by hand, and destroy severely infested plants.



PRESERVATION

Store in the refrigerator in a ventilated plastic bag. To freeze:

1. Shell sweet peas.
2. Steam-blanch the peas: Fill a large stock pot with 1 to 2 inches of water, and bring to a boil. Place peas in a colander or steamer basket and put on top of the pot. Cover with lid to steam heat and cook until tender, about four minutes.
3. Fill a bowl of ice water and have another empty bowl ready. After four minutes, place the basket in a bowl of ice water to cool peas down.
4. Drain thoroughly and dry with a towel. Spread peas in a single layer on a tray and freeze until solid.
5. After the peas are frozen, place into freezer bags and flatten bags before sealing to save space. Frozen peas will maintain quality up to 12 months.

Recipe of the Week

Lemony Pea Mash on Toast



Total time: 20 minutes

Servings: 6

INGREDIENTS

- 1 garlic clove, quartered
- ¼ cup parsley, finely chopped
- 1 tablespoons extra virgin olive oil
- Salt
- ½ cup water
- 2 cups shelled fresh peas
- 2 tablespoons chopped chives
- 1 tablespoon lemon zest
- 1 tablespoon or more fresh lemon juice
- Pinch of red pepper flakes
- Freshly ground black pepper
- 12 slices ciabatta bread, toasted



DIRECTIONS

1. Combine garlic, parsley, 1 tablespoon olive oil, pinch of salt and ½ cup water in small saucepan. Add peas and cook over medium heat until peas are tender. Drain, reserving cooking liquid.
2. Transfer pea mixture to food processor; process until coarse paste forms. Transfer to medium bowl, mix in chives, lemon zest and juice, red pepper flakes, and remaining oil. Stir in cooking liquid by tablespoon until mixture is thick but spreadable.
3. Season with salt, pepper and lemon juice if desired.
4. Drizzle toast with oil, top with pea mash. Garnish with lemon zest, pepper or red pepper flakes as desired.

NUTRITION

Makes 6 servings. Each serving has 80 calories, 7 grams (g) fat, 1 g protein, 4 g carbohydrate, 1 g fiber and 0 mg sodium. Nutrient analysis does not include bread

CONSUMPTION

Try different versions of this ingredient. Peas can be prepared boiled or mashed, and with endless flavor combinations. Use in soups, side dishes or as part of the main dish.

Compiled by Clair Frydenland and Anna Seefeldt, NDSU dietetic interns and Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food and Nutrition Specialist

The NDSU Extension does not endorse commercial products or companies even though reference may be made to tradenames, trademarks or service names. NDSU encourages you to use and share this content, but please do so under the conditions of our Creative Commons license. You may copy, distribute, transmit and adapt this work as long as you give full attribution, don't use the work of commercial purposes and share your resulting work similarly. For more information, visit www.ag.ndsu.edu/agcomm/creative-commons

NDSU

EXTENSION

See www.ag.ndsu.edu/food