

KEWEENAW GROWN FOOD

PEAS



PEAK SEASON

Mid-to-late summer

HOW TO SELECT & STORE

Choose crisp, deeply colored peas. Avoid peas that are soft or that have wrinkled skin.

Refrigerate peas in a perforated plastic bag for 3-5 days. Shell peas immediately before using (or eat whole!).

HEALTH BENEFITS

Peas pack a mighty punch with 8 grams of protein in 1 cup (shelled and cooked). Peas are also considered a starchy vegetable, which means they are rich in carbohydrates. Peas are also sources of fiber, Vitamin A, B, C and K, manganese, iron and fiber.

Pea sprouts can also be eaten and are highly nutritious. 1 cup of pea sprouts contain almost 2x the amount of folate compared to peas and has 11 grams protein. The sprouts are also considered to be a starchy vegetable.

WAYS TO USE

Savory - Add peas to salads for a crunchy sweet addition. Make pesto or hummus with peas as a base. For a twist on a veggie side dish, mix peas, herbs, and tomatoes together and toss in a light vinaigrette for a light and refreshing bite! Add to stir-fries. Simmer in chicken broth and blend into a creamy pea soup!

Pea sprouts are more tender compared to peas and work well in salads and stir-fries.



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Portage Health Foundation believes a vital factor to a healthier tomorrow involves improved access to fresh, nutritious and locally sourced foods. Better yet, the knowledge of what to do with those foods once you've got them. This is where the Keweenaw Grown Food series steps in. This series includes recipes and educational flyers that feature information on peak season, how to select/store, health benefits and ways to use different types of fresh, locally grown food.

The Keweenaw Grown Food Series has been developed to meet an emerging need in the community for information on how to grow, cook, and eat nutritious and seasonal foods. The resources from this series are intended to be widely distributed and utilized throughout our community.

Our hope is that these will become tools that can be used (and enjoyed!) on an individual, family, group, and community level and will cultivate a culture of health through seasonal and healthful cooking. You can download PDFs of all items at phfgive.org/food.



PHFoundation
FOOD SERIES

Portage Health Foundation is passionate about making a difference when it comes to food in Baraga, Houghton, Keweenaw and Ontonagon counties. PHF's Food Initiative is two-fold. First, the food initiative aims to improve

access to locally grown and healthful foods within our community. Second, it provides educational resources and tools to promote sustainable changes to eating and lifestyle habits for all.

If you want to support this cause, you can make a monetary donation, contact us about potential volunteer opportunities regarding our food initiative, or subscribe to our quarterly Food Initiative email newsletter by visiting our website.

VISIT PHFGIVE.ORG/FOOD