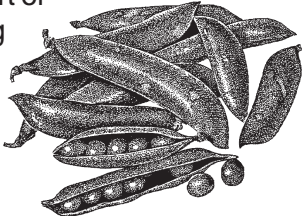


Peas

Green peas are cool season legumes that are ready to harvest in late spring. They should be planted in early spring when soil temperature is above 45°F and not too wet. Soaking the seeds for 24 hours before planting speeds germination. Provide a trellis for support of vining types. Pick shelling peas about three weeks after bloom. Edible pod types are ready earlier; snow pea pods should be picked before the peas have begun to swell.



Garden peas sold in the pod should be green and appear “filled” yet not too large. Select firm, medium-sized pods.

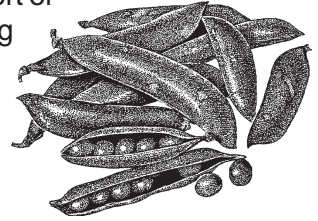
Peas are low in fat and high in fiber and protein and are great for stir-fries, crudités, salads, or steamed.

Provided by
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Additional Resources

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