



SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

ENGLISH PEAS



English peas are also known as green, shell or garden peas. Their peak months are during the spring and late summer/early fall when fresh English peas are sold in their pods. You will need to shell them before cooking as the pods are very fibrous and not edible. It is best to use the peas right after you bring them home to truly enjoy their flavor, but you can store in the refrigerator for a few days if necessary. Peas are an excellent source of vitamin K, fiber, and zinc.

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