

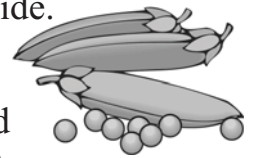


# Peas: Green and Edible-Pod



**Fun Facts:** Do you know any identical twins who are “as alike as two peas in a pod”? Green peas, also called garden or English peas, are eaten after the outer pod is removed. Removing the pod is called “shelling” the peas. To do this, pinch off the ends, pull the string down on the inside of the pod and squeeze upward quickly to pop the peas out. Green peas have either smooth or wrinkled seeds. Wrinkled seed peas are sweeter and are usually eaten when tender and immature, or “green”. Smooth-seeded peas have more starch and are often allowed to ripen, then are eaten in split-pea soup, etc., when mature. Edible-pod peas include snow, sugar snap and Chinese peas.

**Selecting Fresh Peas:** Look for firm, crisp pea pods with a bright green color and a soft, velvety feel. Avoid those with limp, wrinkled, fibrous, discolored or decayed pods. Green peas are best when they have fully-expanded pods filled with large round peas. Choose edible-pod snow and sugar snap peas that have flat tender pods 1 1/2 to 3 inches long, with undeveloped seeds inside. Small pods are sweeter and more tender. If an edible-pod pea is too fibrous, remove the pod and use just the pea seeds inside.



## Measuring Fresh Green Peas:

- 1 pound green peas = about 6 ounces shelled = about 1 cup, raw or cooked
- 1/2 cup cooked green or edible-pod peas = about 3 ounces by weight = 80 grams

**Handling and Preserving:** Refrigerate unshelled, unwashed peas in a perforated plastic bag. For best quality, since their sugar quickly turns to starch, eat green peas as soon as possible and within 5 days. Edible pod peas will keep up to two weeks. **To freeze:** Select fresh tender peas. Rinse dirt off. Remove the ends and strings from all peas, and the pods from green peas. Place 1 cup peas in boiling water for 2 minutes. Remove immediately and place in ice water for 2 minutes. Drain. Pack into freezer bags, leaving 3 inches of air space. Squeeze out the air, seal, date and freeze.

**Preparation and Serving:** Rinse dirt from peas. Shell green peas. For edible-pod peas, remove the ends and strings from both sides of the pod. Edible-pod peas may be eaten raw. For best quality, do not overcook peas.

**Nutrition Facts** for one serving, or 1/2 cup cooked green peas: Calories 67; Protein 4 grams; Carbohydrates 13 grams; Fat 0 grams. In contrast, 1/2 cup cooked edible-pod peas provides 34 calories and 6 grams carbohydrates. Peas contribute vitamin C and K, B vitamins, fiber and essential minerals to the diet.



References: ESHA Food Processor; [www.oznet.ksu.edu/library/fntr2/MF1181.pdf](http://www.oznet.ksu.edu/library/fntr2/MF1181.pdf); [www.urbanext.uiuc.edu](http://www.urbanext.uiuc.edu); [www.aboutproduce.com](http://www.aboutproduce.com)

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