

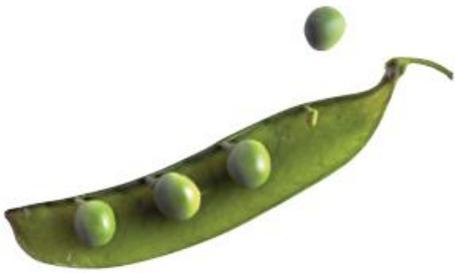


Market
Basket
of the month



What is in it for you?

- A ½ cup serving of peas (fresh or cooked) is an excellent source of vitamin K. This vitamin helps stop cuts and scrapes from bleeding too much.
- Peas are also a good source of fiber, vitamin C, vitamin A, folate, and thiamin.



Produce Tips

- Look for fresh green peas with firm, bright green, medium-sized pods.
- Put fresh peas in an open plastic bag. Keep in the refrigerator for up to five days. Wash peas just before using.

Serving Ideas

- For a tasty side dish, simmer fresh or frozen peas in chicken broth. Add mushrooms if you'd like!
- Peas are a great addition to many dishes – like pasta salads, green salads, and potato salads.
- Mash cooked peas with a little low-fat milk, salt, and pepper for a yummy addition to your meals!



Fun Facts

- Peas are picked when they are still young and green. If you let them grow more, they start to turn yellow.
- A ½ cup serving of fresh or frozen peas has more Vitamin C than 2 apples!
- Only 5% of peas are sold fresh. The rest are either frozen or canned.

Market Basket of the Month is coordinated by the Community Health Improvement department of WellSpan Health. For additional serving tips and recipes, go to www.wellspan.org/marketbasket.org or scan the code.



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