



# Sugar Snap Peas

## Storage

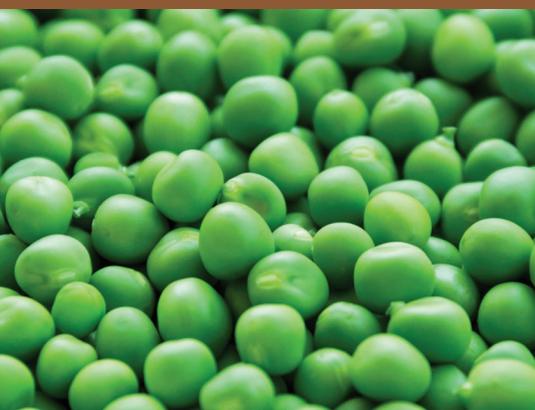
Store sugar snap peas in a breathable bag for up to three days.

## Selection

Choose snap peas that are bright green, firm, and free of blemishes.

## Save Money Buying Frozen

Frozen vegetables are as nutritious as fresh. Fruits and vegetables are flash frozen at their peak ripeness, which means they are “locked” into a nutrient-rich state.



You can grow them!

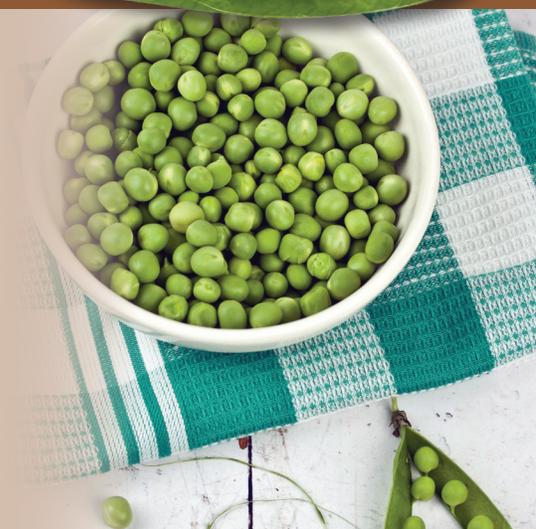
**Known for their crisp, sweet taste, sugar snap peas come in bright green, edible pods.**

Fresh or frozen, they are an excellent source of Vitamin C. Sugar snap peas make a great standalone snack or side dish, but they also add color and crunch to main entrées. For the sweetest taste, eat snap peas right after purchasing.



## Uses for Fresh Sugar Snap Peas

- Plain, as a snack
- With vegetable dip
- Steamed or baked for a side dish
- Added into a stir-fry



## Remove the Strings

Stringless varieties of sugar snap peas are available, but most have stringy seams that need to be removed before eating. Use your fingers to snap off the stem and pull the string along the length of the pod.

Pick a better snack™



[www.mainesnap-ed.org](http://www.mainesnap-ed.org)

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Materials were adapted, with permission, from the Iowa Department of Public Health. Pick a better snack™ materials were created with funding from USDA's Supplemental Nutrition Assistance Program—SNAP.

# Frozen Peas

Peas are the round, edible seed of a widely grown plant in the legume family. Frozen peas can contain just as many nutrients as fresh peas and may even taste sweeter!



Look for frozen peas with **no added sauces, salt, or sugar**. Season them up on your own at home.

## Storage

Always keep frozen peas in the freezer when not in use.

## How to Cook

To cook frozen peas on the stove, bring 3–4 cups of water to a rolling boil in a medium saucepan. Carefully pour the peas from the bag into the boiling water. Stir them gently and let the peas boil, uncovered, for 2–3 minutes. After they're cooked, drain the water from the peas, then season to taste.

# Okra

Okra is a green edible seed pod that has a fuzzy texture on its skin. It is often used in gumbo to help thicken the soup. **Choose bright green okra that is firm.** Avoid okra that is moldy, limp, or dried out.



## Storage

Keep okra in a plastic bag in the refrigerator for 2–3 days. Before cooking okra, rinse with cold water.

## How to Cook

- **Stovetop:** Rinse okra and drain well. Bring a small amount of water to a boil in a saucepan. Add the okra and cover. Cook for 8–10 minutes or until tender. Drain okra and season with salt and pepper.
- **Microwave:** Put rinsed okra in a microwave-safe dish with 2 tablespoons of water. Cover and microwave on HIGH for 4–6 minutes or until tender. Drain well and season with salt and pepper.
- To prevent okra from becoming slimy, add vinegar or other acidic ingredients (like tomatoes) while cooking.

Peas are a cool-season crop and are easy to grow!

## Nutrition Facts:

- Fat free
- Cholesterol free
- Sodium free
- Rich in vitamin C
- Rich in vitamin E
- Good source of fiber

Okra tastes great in curries, stir-fries, and soups.

## Nutrition Facts:

- Good source of fiber
- High in vitamin A
- High in B vitamins
- High in vitamin C
- Contains folic acid