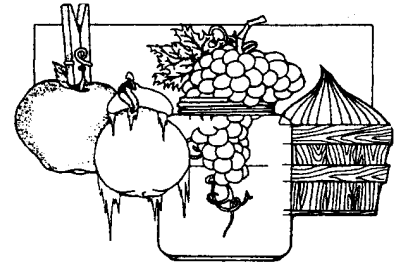


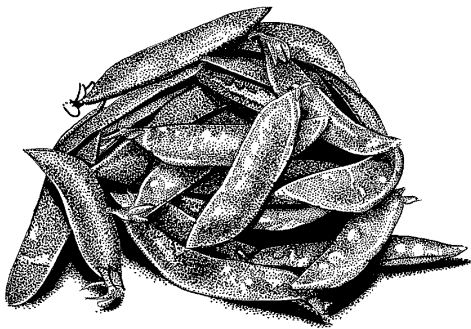
Quality for Keeps



Information for those who produce and preserve food

Peas are a special springtime treat

Fresh green peas add a sweet, tender flavor to pasta, chicken or fish dishes. Peas are a source of vitamins A, C and K, potassium, magnesium, folate and fiber.



Peas grow best in cool weather. Hot temperatures make them less productive and less sweet. Peas may also be grown in fall. Plant seeds at the end of August or first week of September in well-drained soil in full sun.

English or green peas are plump, round peas that grow in pods. These pods are not eaten; the peas are shelled out and pods discarded. The best varieties to grow in Missouri are Little Marvel, Green Arrow, Lincoln, Bolero and Knight. Little Marvel and Green Arrow are good for freezing. Check seed catalogues and nurseries for additional variety information.

Snow peas and sugar snap peas have tender pods that are meant to be eaten. Snow peas are flat pods that contain tiny, immature peas. Add both to stir fries or eat raw. Sugar snaps are a cross between snow and green peas. Eat pods and peas, or eat just the sweet, tender peas.

Buying. Fresh locally-grown peas are available in May and June. Look for well-filled pods that are glossy, with a slightly velvety feel. Avoid pods that are yellow, spotted or dull. One pound of peas in pod will yield about one cup of shelled peas. One-fourth pound of sugar snap or snow peas will yield about one serving as a side dish.

Storing. Store fresh peas at refrigerator temperatures to preserve sweet taste, texture and nutritional value. For best flavor, pick and use peas the same day. Store pods in a perforated plastic bag in the refrigerator for up to two days. Do not wash before storing.

Preparing. Both snow peas and sugar snap peas may be eaten raw or lightly cooked. Wash pods well in one or two changes of water before using.

For sugar snaps and snow peas, wash and break tips from both

ends of pods and pull down sides of pod to remove any tough fibers.

To shell green or English peas, pinch off stem and pull the string along length of the pod. Pop open pod and use thumb to push peas out.

Freezing peas. Freezing is the best method for preserving peas. Color, flavor and nutrients are better for frozen peas than canned.

To freeze English or green peas. Harvest when pods are filled with young, tender peas that have not become starchy. Wash and shell. Water blanch for 1-1/2 minutes. Cool, drain, package, label and freeze.

To freeze edible podded peas. Select bright green tender pods. Wash, remove stems and blossom ends and any strings. Leave whole. Water blanch snow peas for two minutes. Blanch sugar snap peas for 2 to 3 minutes. Cool, drain, package, label and freeze.

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Peas *(Cont'd from cover page)*

Canning English or green Peas.

Quantity. Each 7-quart canner load requires an average of 31-1/2 pounds of fresh peas in pods. Each 9-pint canner load requires an average of 20 pounds.

Quality. Select filled pods containing young, tender sweet peas. Discard diseased pods.

Procedure. Shell and wash peas. Add 1 teaspoon canning salt per quart to each jar, if desired.

Hot pack. Cover with boiling water. Bring to a boil in a saucepan and boil two minutes. Fill jars loosely with hot peas and add cooking liquid. Leave one inch headspace.

Raw pack. Fill jars with raw peas, add boiling water and leave one inch headspace. Do not shake or press down peas.

To complete process for raw or hot pack. Remove air bubbles, adjust fill level if needed. Wipe jar rims with clean damp paper towel; apply two-piece jar lid and process

pints or quarts at 11 pounds of pressure in a dial-gauge canner for 40 minutes (up to 2,000 feet altitude) or in a weighted-gauge canner at 10 pounds pressure. Increase pressure in weighted gauge canner to 15 pounds at altitudes above 1,000 feet.

Source: GH1502, Freezing Vegetables, University of Missouri Extension.

Source: GH1454, Preserve Your Garden Delights: How to Can Fresh Vegetables, University of Missouri Extension.

Shopping at a farmers' market

Farmers' Markets are a great place to shop for fresh produce. However, shopping at one is a bit different than supermarket shopping. For the best experience, keep in mind:

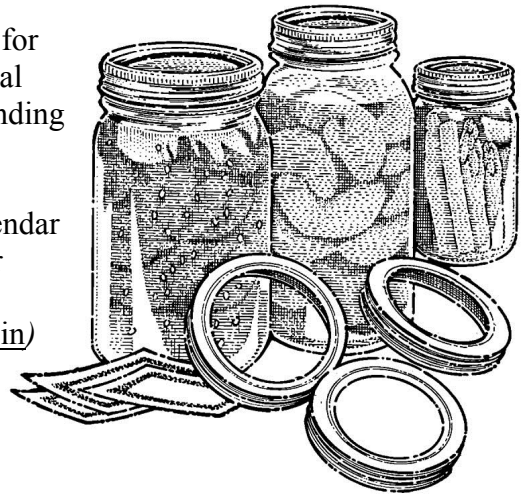
- Farmers' markets have limited hours and usually are open just one day per week. Some are open year round, but most operate from May through October.
- Most Farmers' Markets are outdoors, so be prepared for the weather. Wear comfortable shoes and be prepared to walk.
- Bring a bag or basket to hold purchases. Some sellers may have plastic bags, but others may not. Be prepared to carry all purchases back home or to the car; no shopping carts here.
- Some markets have more than fresh produce for sale. Look for plants, flowers, jams, baked items, meats and crafts.
- Bring a cooler with ice to store perishable foods.
- Bring cash in small bills and change, especially early in the day.
- For best selection, arrive early. When a farmer sells out, they're out. Or, for best prices, go later when sellers might lower prices to avoid taking goods back home.
- Upon arrival, take a quick tour of the market to see what is available, which vendor has the best quality, and who has the best deal.
- Talk to the seller about how and where each product was grown, how to prepare it, and what items will be available in the upcoming weeks. Ask about bulk pricing when planning to preserve produce.
- Go directly home from the market to put away any purchases. Keep perishable foods, like meat, cold to prevent foodborne illness. Fruits and vegetable lose quality when left in a hot car for even a short time.
- Have a good time walking around the market, visiting with sellers and shoppers. Take along kids or grandkids and enjoy sharing this experience with them.

University of Missouri Extension has a handy app for mobile devices that helps locate farmers' markets and other sources of fresh, locally grown produce. Seasonal and Simple can be downloaded for free from app stores, or access it here: <http://seasonalandsimple.info/>. The app also features recipes and selection, storage and nutritional information.

Learn to preserve

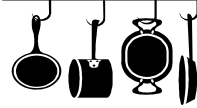
Brush up on your food preservation skills or learn some new ones! University of Missouri Extension offers classes on how to can, freeze, dry and pickle foods to keep them safe and sound for your eating enjoyment in the year ahead.

See the information below for classes in your area. Additional classes may be scheduled, pending interest. Contact your county Extension office for more information, or check the calendar on your county's website. For example: <http://extension.missouri.edu/franklin>



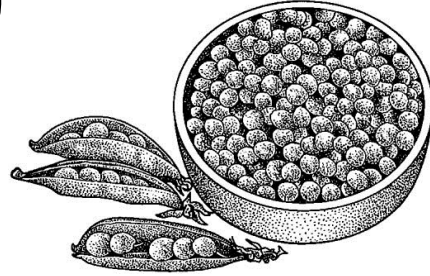
County	Class Details	Contact
Jefferson	6:30 to 8:30 p.m. in DeSoto June 11 Jams & Jellies July 9 Pickles & Relishes August 13 Salsa	Jefferson County Extension Office 636-797-5391
Franklin	6:30 to 9:00 p.m. in Union June 10 Pressure Canning & Water Bath Canning June 17 Freezing June 24 Jams and Jellies July 8 Salsa July 15 Pickles and Relishes July 22 Drying Foods	Franklin County Extension Office 636-583-5141 or Mary Schroeffer SchroefferM@missouri.edu
Lincoln	*Classes will be set up as requested. Please contact Linda Rellergert.	Linda Rellergert 636-970-3000 RellergertL@missouri.edu
Perry	*Classes will be set up as requested. Please contact local office.	Bethany Bachmann 573-547-4504 SchindlerB@missouri.edu
St. Charles	6:30 to 8:30 in St. Peters June 5 Jams & Jellies June 12 Freezing & Drying June 19 Pressure Canning July 17 Pickling July 31 Salsa & Fruit	St. Charles County Extension Office 636-970-3000 or Linda Rellergert RellergertL@missouri.edu
St. Francois	6:00 to 8:30 p.m. in Framington July 7 Freezing Foods at Home July 14 Preparing and Canning Salsa July 21 Preserving Pickles and Relishes	St. Francois County Extension Office 573-756-4539
St. Louis	*Classes will be set up as requested. Please contact local office or Mary Wissmann.	Mary Wissmann 314-400-7287 WissmannM@missouri.edu
Ste. Genevieve	*Classes will be set up as requested. Please contact local office.	Ste. Genevieve County Extension Office 573-883-3548

THE RECIPE BOX



Peas and Onions

- 5 tbsp. olive oil
- 2 cups green peas, shelled (or use frozen peas)
- 3 green onions, chopped
- 3 tbsp. chopped fresh basil
- Parmesan cheese, grated



Heat olive oil in large pan. Add peas and green onions and sauté for 2 to 3 minutes. Add basil and cover. Cook for 1 to 2 minutes. Sprinkle with parmesan cheese before serving.

Makes 4 serving.

Source: *Seasonal and Simple, University of Missouri Extension, 2009.*

Quality for Keeps, published monthly, April through October, is made available to residents of East Central, Southeast and Urban regions in Missouri by their Extension Council. Contact your county Extension office to subscribe, or visit our website: <http://missouri.extension.edu/franklin>. Questions may be directed to:

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Jefferson	636-797-5391