



# Eat Your Peas

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Types of

**PEAS**



# Pease Porridge Hot

Pease porridge hot,  
Pease porridge cold,  
Pease porridge in the pot,  
Nine days old.



# The Amazing Green Pea



## **Rich in Nutrients & Phytochemicals**

- High in fiber & protein
- Source of Omega 3s
- Loaded with phytochemicals

## **Good for your garden**

- Nitrogen-fixing
- Shallow root: break down easily

**AND....**



# Versatile and Colorful



# So please...Eat your peas!

They are  
colorful,  
nutritious and  
delicious!

GIVE PEAS A CHANCE



# Green Pea Pesto

*A sweet, new way to enjoy green peas! Try this pesto spread onto toast, tossed into pasta, or as a dip.*

**1 (10-oz) pack of frozen peas (thawed)**

**4 garlic cloves**

**1/4 cup pine nuts**

**1 tsp salt**

**1/4 tsp black pepper, freshly ground**

**1/3 cup olive oil**

In a food processor, pulse peas, garlic, pine nuts, salt and pepper. Slowly add in olive oil and pulse for 1-2 minutes. Season with salt and pepper to taste.

# References

1. Pease Porridge Hot, Pease Porridge Cold.  
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3. Nitrogen Nodules and Nitrogen Fixing Plants. Gardening Know How Website.  
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