



Notes on Peas

Nothing gives you a better excuse to hang out with friends or slow down on a busy day than shelling peas. What better reward for the effort and time spent getting them out of their pods, than fresh green peas? Peas are an easy vegetable to use. They make a great side dish or toss them in pasta, a casserole, potpie, stir-fry, omelet, fried rice and salad.

Simple Ideas for Peas

- Toss peas onto a casserole at the last minute to add color to your dish.
- Mix peas into macaroni and cheese to encourage children to try new vegetables.
- Scatter steamed peas over a salad or add them to a pasta salad.

Creamed New Potatoes and Peas

Recipe by: Bertha Kleinschmidt, Country Gardens

New, small red potatoes, fresh dug

Peas, shelled out

Small pearl onions

- Boil all three ingredients together until tender. Drain water off. Add milk to cover. Heat and thicken with corn starch. Add a little butter, salt and pepper to taste.

Creamed Fresh Veggies

Recipe by: Bertha Kleinschmidt, Country Gardens

New red potatoes

Fresh Peas

Carrots

- Clean the vegetables, no need to peel potatoes or carrots. Quarter the potatoes, cut carrots into one-inch pieces. Add some green onions. Cook until tender. Drain. Add milk to cover. Heat to boiling, stirring occasionally. Add pepper and 1 tbsp butter. To thicken mix 2 tbsp of corn starch into cold water. Add to boiling veggies. Salt to taste. Enjoy!

Pea Soup

2 tsp Butter
1 Onion, chopped
1 Garlic, crushed
½ cup Celery, chopped
4 cups Vegetable stock
½ cup Heavy cream
5 cups Fresh peas
1 tsp Rosemary
½ tsp Lemon juice
2 tsp Salt
½ tsp Pepper

Bacon Bits and Crème Fraiche

- Heat a pot to medium high melt the butter. Add the onion, garlic and celery, stir until soft. Mix in the vegetable stock and heavy cream for about 2 minutes. Add the peas and rosemary. Stir until the peas are soft. Remove from the heat and stir in the lemon juice, salt and pepper. Place a cup of the mixture in a blender and mix until smooth. Pour the soup into a bowl. Continue to mix the rest of the vegetables a cup at a time until it is smooth. Serve the soup cold or warm with bacon bits and crème fraiche.