

Beyond P

Please welcome the P e a s

A B O U T

At one time peas were rare.

Only rich people could afford them.

These treats grow in pods and are also known as green peas and sugar peas. Pods are like little packages. To eat the peas, you must open the pods. How about eating the pods? You can with another kind of pea called a snow pea. Peas taste the sweetest just after they are picked, so you should eat them when they are very fresh. Peas aren't just for rich people anymore, but if you want them you have to be quick. They are in the store mostly in the late spring and early summer and again in the fall. In the market, choose fresh bright-green pods filled with lots of peas. You don't want peas that are flat or have soft, mushy spots. Refrigerate peas in their pods and try to eat them all in 2 to 3 days.



A super snack.

R e c i p e :

The Captain's Split Pea Soup

When full grown, green peas are sometimes dried. Dried peas that have their skins removed are often split in two pieces. These "split peas" are famous for making soup. Here is a recipe that will feed 8.

- 2 cups dried split peas
- 8 cups water
- 2 onions
- 2 carrots
- 4 to 6 leafy celery tops
- 1 large bay leaf
- 2 teaspoons salt
- pepper
- whole wheat croutons or crackers



1. Combine the split peas and the water in a big soup pot. Bring to a boil.
2. While you are waiting for the water to boil, chop the onions and add them to the soup pot. Peel and chop the carrots and add them to the soup pot. Cut up the celery leaves and add them to the soup pot.
3. When the soup comes to a boil, add the bay leaf and salt. Cover the pot, turn the heat very low, and cook the soup for 1 to 1½ hours, until the peas are soft.
4. Mash the soup with a potato masher or the back of a wooden spoon or puree it in a food mill. Cook a few more minutes with the cover off, to thicken the soup and get it nice and hot.
5. Ladle the soup into serving bowls. Grind some fresh pepper on top. Add a small handful of whole-wheat croutons or crushed whole-wheat crackers. Dig in.

HA HA HA
HA HA HA
HA HA HA

The Joke Bag

Knock, knock.
Who's there?
Peas.
Peas who?
Peas open the door!

Q: What is green and flies?
A: Super pea.



Read About

P E A S

PICKIN' PEAS

by Margaret Read MacDonald
(HarperCollins)

An old southern folktale for
beginning readers.

Another Pea Poem

I eat my peas with honey,
I've done it all my life.
It may taste kind of funny,
But it keeps them on my knife.

Sprouting Peas

Dried whole green peas make
delicious sprouts. You can make
them by following the directions
on the "S" page.

When someone says
they are like
TWO PEAS IN A POD
it means two people are
like each other

If you know your
PEAS AND CARROTS
(p's and q's)
you are smart!

OR

Mind your
PEAS AND CARROTS
(p's and q's)
Pay attention!