

## P is for Peas

- Peas are sweet and crunchy. They are green in color and the round peas inside are entirely edible.
- Sugar snap peas and snow peas are entirely edible.
- Sugar snap peas and snow peas can be served raw. They can also be served warm or chilled.
- Peas are a good source of vitamin A, and vitamin C and fiber.

*Photos: Network for a Healthy California*

## Pea Salad with Fresh Herbs

Makes 25 tastes at ¼ cup each

### INGREDIENTS:

- ¼ pound sugar snap peas and snow peas
- ¾ pound fresh green peas (about 1 cup shelled)
- 2 tablespoons chopped fresh mint and fresh parsley
- 1½ tablespoons olive oil
- 3 tablespoons rice vinegar

### SUPPLIES:

- large bowl, paper plates, and spoons

### PREPARATION:

1. Wash peas. Remove stems & strings. Shell green peas.
2. Put snap and sugar peas in a large bowl and add water. Cover with a paper towel.
3. Microwave for 2-3 minutes until tender. Repeat with shelled green peas.
4. When tender, drain peas and cool on paper towel.
5. Mix together all peas in a large bowl. Add herbs, oil, and vinegar until smooth.
6. Pour over peas and serve.

### Recipe adapted from:

[www.harvestofthemonth.com](http://www.harvestofthemonth.com)

### Nutrition Information per serving:

Calories 24, Carbohydrate 3 gm, Protein 1 gm, Fat 1 gm, Saturated Fat 0 gm, Cholesterol 0 mg, Sodium 2 mg, Fiber 1 gm.



## Book Recommendations:

***Eat Your Peas , Louise!***  
by Pegeen Snow

### For more information, visit:

[www.harvestofthemonth.com](http://www.harvestofthemonth.com)  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)



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## Cooking in the Preschool Classroom

provides many benefits to children

- Children can shell the green peas.
- Children can remove the leaves from the fresh herbs.
- Children can wash the peas.
- Children practice their fine motor skills removing the stems and strings of the peas.

### Food Safety and Sanitation

- Wash hands before preparing recipe.
- Wash peas before preparing the salad.

### Create a child-friendly environment

Avoid rushing meals and activities.

## Activity:

# Tiny, Tiny Seeds Growing Up to Be Tall

Children will discover the delicious and crispy taste of peas while learning to follow sequential steps, and reviewing the letters of the alphabet.

### MATERIALS

- 2 or 3 large, fresh garden pea pods for each child
- Enough plastic spoons, and small plastic bag for each child
- Paper towels, small plates, spray water bottle
- 3 or 4 medium-size plastic or paper bowls
- 1 empty half-gallon milk carton or juice container for each child (or similar size box)
- 2 cups of soil per child
- 1 package of (dried) green pea seeds

### WHAT TO DO NEXT

1. **Before children arrive:** Have all the items ready for the activity. Have pea pods washed.
2. **Show** children how to open the pea pod and pick out the seed. Give each child 2-3 fresh garden pea pods.
3. **Ask** children to open their fresh peas, remove the seeds, and place them on their paper plates. Tell the children to count the seeds. Ask children to select all the pods that are the same size. Are they big or small?
4. **Teacher Lesson:** Show the package of green pea seeds. Explain how plants grow from seeds we place in the soil.
5. **Mini Garden Experiment:** Give each child an empty milk carton and a cup of soil. Ask them to spoon some soil into their carton and place

two or three seeds into the soil. Children should moisten the soil before placing the cartons around the window.

6. **Seed Experiment:** Give each child a piece of paper towel and spray bottle. Ask children to place the wet towel inside the clear plastic bag and to place one or two dried seeds in between the paper towel. Seal the bag and hang them with a clip near the window.
7. **Review:** Go over the experiments. Children will observe how peas grow in the soil and in the plastic bag. Explain that plants, like people, need care and food. The light and water is food for them to grow. Children will spray water everyday, or as needed depending upon the weather. Tell the children they will take care of their pea plants and watch them grow. Ask the children to act out "Little Green Seed":  

Pointing at themselves, they say "I am a little green (or brown) seed..."

Bending forward, say "Rolled up in a tiny ball."

Sitting with legs crossed, say "I'll wait for the rain and sunshine..."

Stand up and say "To make me big and tall."
8. **Cooking:** Have children wash their hands and help prepare the recipe from the front page.



Photo: Network for a Healthy California

**Connections to California Department of Education, Desired Results Developmental Profile – Preschool (2010)**

**Activity:** DRDP-PS: SSD:12; LLD1; ELD2; COG: 1,2,5; MATH: 1,3; PD:3; HLTD: 2,3.

**Cooking:** SSD:5,8,12; COG:5; PD:3; HLTD:3.

For important nutrition information, visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net). For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.