



PEAS AND BEANS

What is It?

- Peas and green beans are part of the legume family with dried beans, lentils, and soy.
- Peas are one of the oldest cultivated crops and have been eaten by humans for more than 9,000 years.
- Peas can be found in three primary types: snap, snow, and garden.
- Some peas are referred to as “shelling peas” because the pod is not edible and must be removed before eating. Other types of peas have edible shells.
- Green beans are harvested when the pod is still young, making it soft and edible.
- Green beans aren’t always green! They can also be yellow, purple, red, or striped.
- Green beans are also be called “string beans.”

Grow It

- Peas are easy to grow and are great for beginning gardeners. They are also fast growers. Depending on the variety, they will be ready for harvest in 50–80 days. Peas prefer cooler weather, so plant in the spring, late summer, or fall for best yield.
- Green beans are ideal for summer gardens. They are also fast growers—averaging 50–80 days to harvest depending on the variety—but prefer warmer temperatures. Plant in late spring, once the soil temperature has reached 65 degrees F.
- Peas and green beans can be started indoors 10 days to two weeks before transplanting outside, or they can be direct-sown in an outdoor garden. Seeds should be planted one inch deep and spaced two to four inches apart. Bush type bean and pea plants grow to about three feet high while pole types grow six to eight feet high and need a trellis for support. Peas and beans do not typically require fertilizer, as they are effective at fixing their own nitrogen, but compost or manure can be mixed into soil before planting to improve moisture and nutrient retention. Rhizobia bacteria may also support plant growth.





Make It

Recipe: Parmesan Peas
Yield: 4 servings

Ingredients	Directions
<ul style="list-style-type: none">• 1 1/2 teaspoons butter• 3 1/2 cups peas, fresh, frozen, or canned• 1 1/2 teaspoons lemon juice• 1/4 teaspoon black pepper• 1/3 cup grated parmesan cheese	<ol style="list-style-type: none">1. Heat butter in a medium skillet over medium heat (300 degrees F in an electric skillet). Add peas and cook 2 to 3 minutes or until peas are heated through.2. Add lemon juice and pepper and mix well. Sprinkle with parmesan cheese and serve warm.

Notes

- 3 1/2 cups peas is approximately two 14.5-ounce cans, drained and rinsed, or 16 ounces frozen
- Try other types of cheese or a blend.
- Freeze extra lemon juice to use later.

This recipe was adapted from adapted from [Oregon Food Hero](#).



Peas, credit: WSDA



Make It

Recipe: Green Beans with Sesame Sauce
Yield: 6 servings

Ingredients	Directions
<ul style="list-style-type: none"> • 1 pound green beans, trimmed, fresh or frozen • 1/4 teaspoon kosher salt • 3 tablespoons toasted sesame seeds (finely ground) or 2 tablespoons tahini • 2 tablespoons hot water • 1 tablespoon rice vinegar or 1 tablespoon fresh lemon juice • 2 teaspoons soy sauce • 2 teaspoons mirin or 1 tablespoon honey • 1/2 teaspoon toasted sesame oil 	<ol style="list-style-type: none"> 1. Rinse beans with cool running water. If the beans are long, cut them in half. Sprinkle with salt. Steam for 3 minutes or microwave for about 1 minute. They should still be a little crisp. Spread on a plate and set aside to cool. 2. In a medium bowl, combine sesame seeds or tahini, water, rice vinegar or lemon juice, soy sauce, mirin or honey, and toasted sesame oil. Stir together until smooth. 3. Add the beans to the bowl and toss until the beans are coated in the sauce. Serve at room temperature or chilled.

Notes

- Honey is not recommended for children under 1 year old.

This recipe was adapted from adapted from [WA SNAP-Ed](#).



Peas growing, credit: WSDA

Eat It

Peas and green beans are both excellent sources of vitamin A and vitamin C, which help maintain healthy eyes, skin, and immune function. They are also rich in vitamin K, which supports proper blood clotting, and fiber, which is important for maintaining a healthy heart and digestive system and regulating blood sugar.

Read It

- Eat Your Peas, by Kes Gray & Nick Sharratt
- Peas!, by Simon Rickerty
- Green Bean! Green Bean!, by Patricia Thomas
- Pick, Pull, Snap!: Where Once a Flower Bloomed, by Lola M Schaefer

Play It

Enjoy the coloring activity on the next page from Oregon Food Hero!

Find It

Washington peas and green beans are available at many grocery stores. Check the product label or shelf tag to see where they were grown. They are also commonly found at Washington state's many farmers markets, farm stands, and other local markets. Peas are available May–October. Green beans are available July–October.

Choose peas with pods that are shiny, firm, and bright green. Avoid bruised, yellow, or wilted peas. Choose green beans with a bright color and firm texture; they should snap easily when bent. Large bumps in beans may mean that they are more mature and less tender to eat.

Search for local farms and markets that sell Washington-grown peas and beans here: [Washington Farms](#) | [Local Farm Finder](#) | [Washington Food](#).

Find a farmers market near you here: [Farmers Market in Washington](#). Many farmers markets and vendors accept WIC Farmers Market Nutrition Program, WIC Fruit and Vegetable Benefit, and SNAP Market Match.



Green beans in Walla Walla, credit: WSDA



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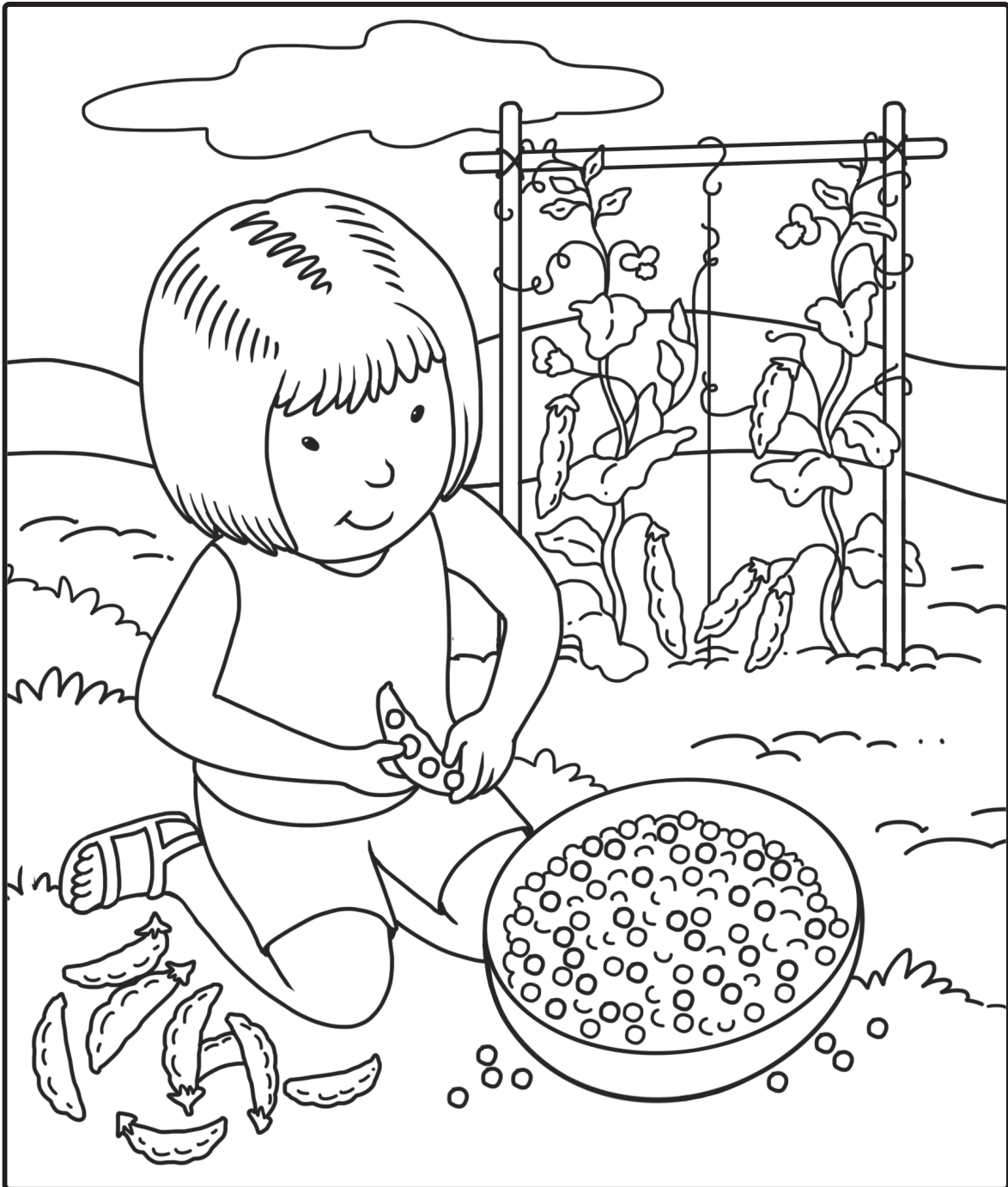
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SNAP-Ed

Name _____

Peas



I like peas because _____



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