May 19 A Pageant of Powerful Peas

[00:00:00] And now an exciting fast paced musical introduction to our subject for today the peas
"I'm a little pea oh yeah. I'm Small"

Gary Crawford: [00:00:16] Well these peas may be small but.

Laura Popielski: [00:00:18] These peas are pretty powerful.

[00:00:20] That's powerful Laura Popielski she is an expert with the Agriculture Department's Marketing Service here at the Ag Department's farmers market just off the Mall in Washington. She's telling everybody about peas.

Laura Popielski: [00:00:31] So today we have sugar snap peas.

Gary Crawford: [00:00:35] Snap get it? Snap peas.

Laura Popielski: [00:00:37] And we have snow peas.

Gary Crawford: [00:00:39] Snow Peas get that. Put them together and you have. "Jingle Plays"

Gary Crawford: [00:00:45] Laura you say peas are powerful because of nutritional power that they pack to what's in those things.

Laura Popielski: [00:00:51] They've got a lot of vitamin A good for your eyes vitamin C. good for unity vitamin K good for blood clotting calcium for strong bones.

Gary Crawford: [00:01:00] Oh I guess just looking at them you see they got lots of fiber.

Laura Popielski: [00:01:03] You know what fiber is good for right.

Gary Crawford: [00:01:04] Yes. But We don't say that in polite company.

Laura Popielski: [00:01:07] No you're right. I think you can just say digestion.

Gary Crawford: [00:01:10] Plus of course they have taste.

Laura Popielski: [00:01:12] My goodness they taste like springtime. I'm sorry i'm talking with my mouthful.

Gary Crawford: [00:01:20] And you can eat snow or snap peas raw like Laura is trying to do here Or

Laura Popielski: [00:01:24] You can blanch them so you know how to blanche something.

Gary Crawford: [00:01:28] Well the only Blanche I really know is from "Streetcar Named Desire". Voiceover."I'm Blanche. I have always depended on the kindness of Strangers."

Gary Crawford: [00:01:38] That's not it is it. No I see you shaking your head sadly there Laura.

Laura Popielski: [00:01:42] Blanching is just a quick way to cook something but not to overcook it. So you might put them in a little bit of boiling water for just a minute or two and then put them in...
chilled water just to crisp them.

**Gary Crawford:** [00:01:52] Now if we're picking peas from the farm or our garden or just buying them at the store. Laura anything special to look for or avoid.

**Laura Popielski:** [00:02:00] You really want to look for ones that look real bright green and fresh and excited to be part of your dinner.

**Gary Crawford:** [00:02:06] More excited than this pea here of course. Laura says it's best to eat those peas right after we buy them.

**Laura Popielski:** [00:02:14] But they're going to stay good in your refrigerator for up to three to five days. You definitely don't want to rinse them until you're about to cook them.

**Gary Crawford:** [00:02:21] Because they take in water and that just makes them degrade faster. Also when we put them in the fridge any special container or anything like that is some sort of?

**Laura Popielski:** [00:02:29] Perforated bag something breathable don't suffocate those peas. Give peas a chance.

**Gary Crawford:** [00:02:34] Oh no. I see it coming. I can't do anything to stop it. *"Give Peace a Chance!"* Yes that's why the farmer became a politician so he could work for world "Peas". Well I agree for some great recipe ideas using peas. Go online to what's cooking at USDA what's cooking USDA.

**Laura Popielski:** [00:02:54] So there you go!

**Gary Crawford:** [00:02:55] There you go that's right Gary Crawford reporting for the U.S. Department of Agriculture in Washington.