

Using, Storing and Preserving



Peas

Prepared by:
Laurie Messing, Extension educator

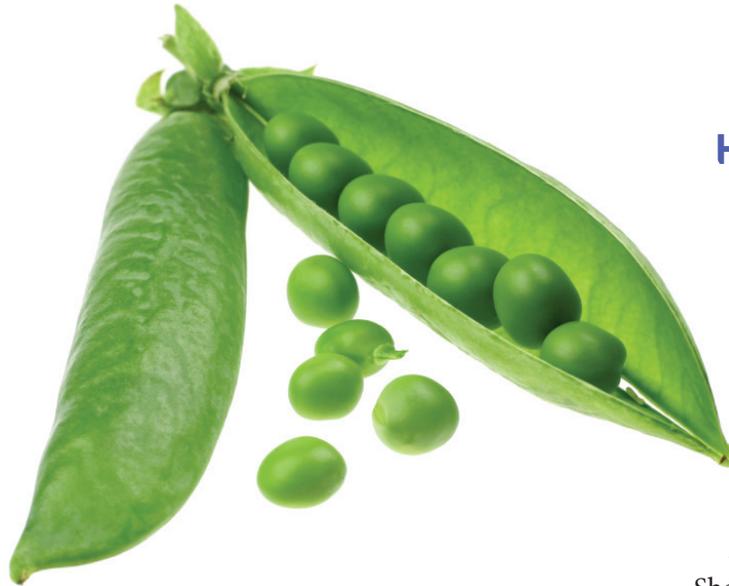
Michigan-grown peas are available in late May-June.

Recommended varieties

Daybreak, Spring, Sparkle, Little Marvel, Green Arrow, Wando, Snowbird, Dwarf Gray, Sugar Snowflake

Food Safety and Storage

- Purchase fresh-looking vegetables that are not bruised or damaged.
- Wash hands before and after handling fresh produce.
- Keep away from raw meat and meat juices to prevent cross-contamination.
- For best quality and to preserve nutrients, preserve no more than your family can consume in one year.



How to preserve

Canning

It is recommended that sugar snap and Chinese edible pods be frozen for best quality.

Select filled pods containing young, tender, sweet seeds.

Discard diseased pods.

Shell and wash peas. Add 1 teaspoon of salt per quart to each jar, if desired.

Hot pack – Cover peas with boiling water. Bring to a boil in a saucepan, and boil 2 minutes. Fill jars loosely with hot peas, and add cooking liquid, leaving 1 inch headspace.

Raw pack – Fill jars with raw peas and add boiling water, leaving 1 inch headspace. Do not shake the jar or press the peas down.

Remove air bubbles and wipe jar rims. Adjust lids and process following the recommendations in Table 1 or Table 2, according to the type of canner used.

Let jars stand undisturbed for 24 hours, remove rings, wash jars, label, date and store. Food in jars that did not seal must be reprocessed in a clean jar with a new lid or refrigerated.

Yield

31½ pounds (in pods)	=	a canner load of 7 quarts
20 pounds (in pods)	=	a canner load of 9 pints
A bushel weighs 30 pounds and	yields	5 to 10 quarts, average of 4½ pounds per quart

Lawn or garden questions?

Visit migarden.msu.edu.
Call toll-free 1-888-678-3464.

Using, Storing and Preserving Peas

Table 1. Recommended process time for peas in a dial-gauge pressure canner.

Style of pack	Jar size	Process time (minutes)	Canner pressure (PSI) at altitudes of			
			0 - 2,000 ft.	2,001 - 4,000 ft.	4,001 - 6,000 ft.	6,001 - 8,000 ft.
Hot or raw	Pints or quarts	40	11 lb.	12 lb.	13 lb.	14 lb.

Table 2. Recommended process time for peas in a weighted-gauge pressure canner.

Style of pack	Jar size	Process time (minutes)	Canner pressure (PSI) at altitudes of	
			0 - 1,000 ft.	Above 1,000 ft.
Hot or raw	Pints or quarts	40	10 lb.	15 lb.

Freezing

Harvest when pods are filled with young, tender peas that have not become starchy. Wash and shell; water blanch 1½ minutes, cool and drain. Package, leaving 1½ inches headspace. Seal, label, date and freeze.

Water blanching: Use 1 gallon of water per pound of prepared peas. Put peas in blanching basket or strainer and lower into boiling water. Place lid on pan/blancher. Return water to boil and start counting blanching time as soon as water returns to a boil. It should take only a minute to come back to a boil. If it takes longer, too many peas have been put in the boiling water.

References

Andress, Elizabeth, and Judy A. Harrison. 2006. So Easy to Preserve (fifth edition). Bulletin 989. University of Georgia Cooperative Extension Service.

Watch Your Garden Grow. University of Illinois Extension. Available at <http://urbanext.illinois.edu/veggies/>.

Gardening in Michigan: www.migarden.msu.edu.