



Local peas

Availability:
june to september
*but all year if frozen or
canned

Benefits

→ Because they provide a taste of home!

Peas have always been grown in Quebec, which currently has over 500 farmers and processors of this little green vegetable. Whether fresh, frozen or canned, green peas conserve their good flavour as well as their nutritional properties.

→ Did you know?

The Czech monk and botanist Gregor Mendel laid the foundation of the science of genetics by crossbreeding different varieties of peas. Even today, Mendel's laws of inheritance continue to define the principle of biological heredity!



WHY EAT LOCAL ?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.

Pea, apple and red pepper salad



PORTIONS: 4 TO 6

15 MIN

Ingredients

- 750 ml (3 cups) peas (frozen or fresh)
- 375 ml (1 ½ cup) apple, peeled and diced (about 2 apples)
- 250 ml (1 cup) red pepper, diced (about 1 pepper)
- 30 ml (2 tbsp) cider vinegar
- 45 ml (3 tbsp) olive oil
- 1 clove garlic, finely chopped
- Salt and pepper to taste

Directions

- 1 Place the pea, apples and red pepper in a salad bowl.
- 2 In a small bowl, whisk together the remaining ingredients and pour over the first mixture, tossing to combine.
- 3 Adjust the seasoning.

Source : Julie Strecko, RD

Minty pea velouté



PORTIONS: 3 TO 4

10 MIN 20 MIN

Ingredients

- 15 ml (1 tbsp) olive oil
- 250 ml (1 cup) leeks, coarsely chopped
- 1 clove garlic, chopped
- 1 potato, peeled and diced (about 1 cup)
- 375 ml (1 ½ cup) chicken broth
- 500 ml (2 cups) peas
- 12 mint leaves, coarsely chopped

Directions

- 1 Heat the oil in a pot and sauté the leek and garlic for about 2 min.
- 2 Add the diced potato and chicken broth. Bring to a boil and cook for about 10 min or until the potato is tender.
- 3 Add the peas and mint and cook an additional 5 min.
- 4 Transfer to a food processor and purée until smooth.
- 5 Adjust the seasoning. Add liquid as needed.
- 6 Serve hot or cold

Source : Julie Strecko, RD

Tip!

- To shell peas, break off the top end of the pod and pull the string down to open it. Slide your finger inside the pod to extract the peas.

