



English Peas

What is it?

English peas have a large bright green pod that encases plump, round peas (sometimes referred to as berries). Unlike most other pea varieties, the pods of English peas are not edible because they are too fibrous. The peas need to be shucked before eating, the easiest technique being snapping off each end of the pod and pulling the fibrous string length wise on the outside of the pod. An easy conversion to keep in mind when buying whole English pea pods is that a pound of pods is about the equivalent of 1-1.5 cups of shelled peas.

What does it taste like?

English peas are a very common variety of garden peas and are universally loved because of their delicately sweet flavor. The texture of these peas depends on how fresh you get them. The freshest English peas will have a satisfying “crunch” or “snap” to them.

What to do with it?

The recipe possibilities with English peas are almost endless. They can be added to salads, stir fries, soups, stews, pot pies, pasta salads, and much more! Or simply use them as a side to a main dish such as a pot roast or chicken breast. To enhance English pea’s natural flavor, add herbs and spices such as mint, thyme, rosemary, dill, curry, or simply salt and black pepper.

How to store it?

Put the pea pods either in a perforated plastic bag, or a bag of any sort that can be left partially open to encourage air flow. Stored this way the peas should keep fresh for 5-7 days, but if you don’t plan on using them within the week, they can also be frozen. It is best to shuck the peas out of their pods if you’re planning on freezing to store long term.