



Peas

Peas are small, sweet green seeds that are high in plant-based protein and fiber, promoting digestive health and stable blood sugar levels. Rich in vitamins A, C, and K, peas support immune function, skin health, and bone strength. Peas are one of the oldest cultivated crops and are known for their versatility in various cuisines around the world. These tender vegetables are a great addition to salads, soups, and side dishes, offering both flavor and nutrition.

Fresh Pea & Mint Soup

INGREDIENTS

- 4 cups fresh or frozen peas
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 4 cups vegetable broth (or chicken broth)
- 1 cup fresh mint leaves, loosely packed
- 2 tablespoons olive oil
- Salt and pepper to taste
- ½ cup heavy cream or coconut cream (optional for creaminess)
- Optional garnish additions:
 - Extra mint leaves, crumbled feta cheese, or a drizzle of olive oil

DIRECTIONS

1. In a large pot, heat the olive oil over medium heat. Add the chopped onion and cook until translucent, about 5 minutes. Add the minced garlic and sauté for another minute until fragrant.
2. Add the fresh peas to the pot and pour in the vegetable broth. Bring the mixture to a boil, then reduce the heat and simmer for about 5–7 minutes, or until the peas are tender.
3. Remove the pot from the heat and add the fresh mint leaves. Using an immersion blender, blend the soup until smooth. Alternatively, carefully transfer the soup to a blender and blend until creamy. Return the soup to the pot.
4. (Optional): If you prefer a creamier soup, stir in the heavy cream or coconut cream and heat gently, ensuring it doesn't boil. Season with salt and pepper to taste.
5. Serve into bowls and garnish with extra mint leaves, crumbled feta cheese, or a drizzle of olive oil as desired.

STORAGE & SELECTION

Choose peas that are bright green and firm, with plump pods. Avoid peas with discolored or overly dry pods. Store fresh peas in their pods in the refrigerator for up to 3 days. Shelled peas can be frozen for several months.