Fresh Vegetable

FRESH GREEN PEAS



Ref: PIS-01

Italian name: Piselli Verdi

Weight order: 5-6 kg

Description: A type of legume, peas grow inside long, plump pods. As is the case with all types of legume, their sugars start to turn to starch as shortly after they're picked, so they are best eaten just-picked. Introduced in 17th century in Europe, it had become popular to eat peas "green", especially in France and England, where the eating of green peas was said to be "both a fashion and a madness".

Season: from January to July and from September to October

Serving suggestion: Fresh peas are often eaten boiled and flavored with butter and/or spearmint as a side dish vegetable. Salt and pepper are also commonly added to peas when served. Fresh peas are also used in pot pies, salads and casseroles.

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