

Peas

- Peas are a good source of vitamin A, vitamin C, folate, thiamine (B1), iron and phosphorus. They are also rich in protein, carbohydrate and fibre and low in fat.
- A 100 calories serving of peas contains more protein than a whole egg or tablespoon of peanut butter.
- Just one serving of freshly frozen garden peas and petits pois contains as much vitamin C as two large apples!
- Half a cup of frozen peas has only 5% of the daily limit for sodium. Foods low in sodium are good for your heart.

Basil

- A serving of two tablespoons, chopped, is a good source of Vitamins K and A.
- Basil can be enjoyed year-round, either grown and harvested outdoors during the summer months or grown indoors on your windowsill.
- Basil tends to be (mostly) unaffected by insect predators.
- In addition to green basil commonly seen in markets, basil also comes in several purple varieties, a “lettuce leafed” variety (which has giant leaves), a type with tiny leaves (globe basil, which grows into a round, bushy-like plant), several Thai varieties, a lemon-scented type and many more.

