

# Preserving Peas

## Freezing vs Pressure Canning

### Freezing

✓ Easy

✓ Excellent

#### Preparation Options:

- ✓ Shelled peas
- ✓ Whole Snap peas
- ✓ Whole Snow Peas

#### Advantages:

- ✓ Best texture preservation
- ✓ Best flavor retention
- ✓ Retains bright green color
- ✓ Closest to fresh quality
- ✓ Faster processing time
- ✓ Flexible batch sizes
- ✓ No pressure canner required

#### Disadvantages:

- ✗ Requires freezer space
- ✗ Requires electricity
- ✗ Must blanch before freezing
- ✗ Storage life shorter than canning



### Pressure Canning

✓ Moderate

✓ Very Good

*(Note: slightly lower rating than freezing due to texture to sweetness loss)*

#### Preparation Options:

- ✓ Shelled peas

#### Advantages:

- ✓ Shelf stable for 2-5+ years
- ✓ No electricity required
- ✓ Ready to use immediately
- ✓ Saves freezer space
- ✓ Excellent for long-term storage
- ✓ Safe preservation method for low-acid foods

#### Disadvantages:

- ✗ Softer texture than frozen
- ✗ Slight loss of fresh flavor
- ✗ Requires pressure canner
- ✗ Longer processing time
- ✗ More preparation & equipment



### Overall Preservation Rating

Freezing ✓ Excellent | Canning ✓ Very Good

*Both freezing and pressure canning are excellent ways to preserve peas, providing options for flavor, texture, and long term storage.*