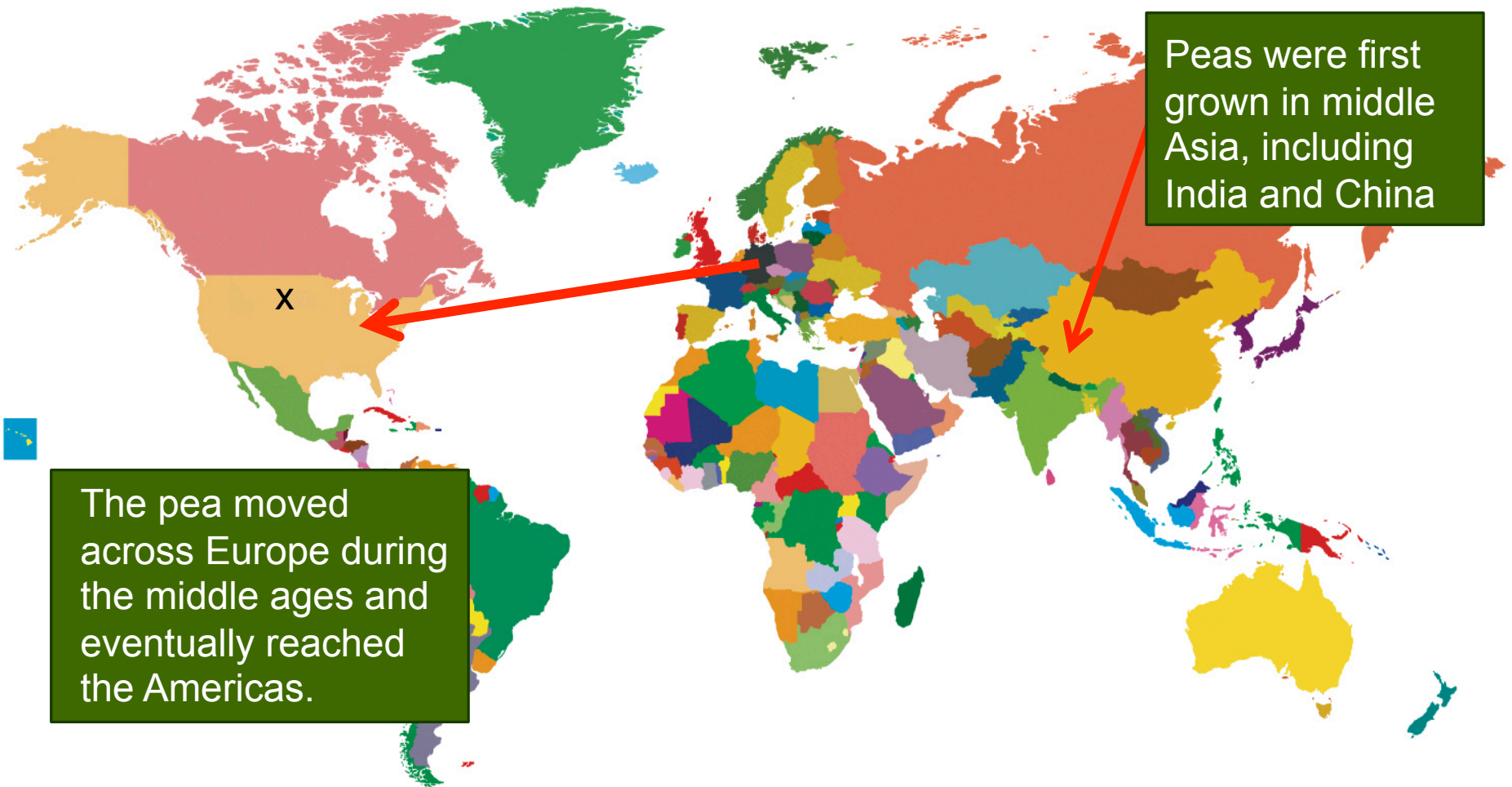




Peas

History about the pea



How do **peas** grow?



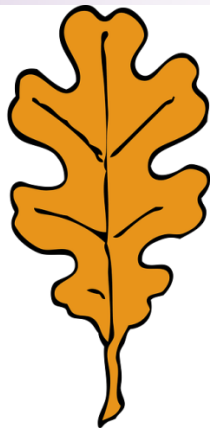
Peas grow on vines. We eat the seeds and sometimes the Pods of pea plants.

What season do we pick **peas**?

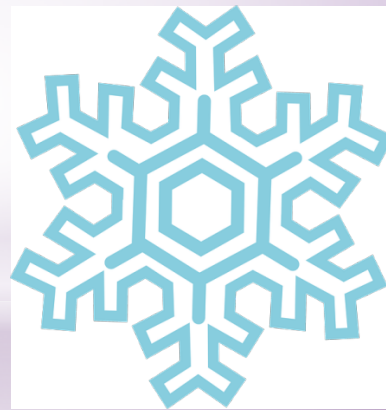
Summer



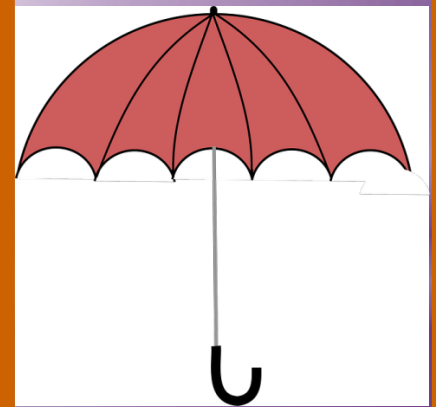
Fall



Winter

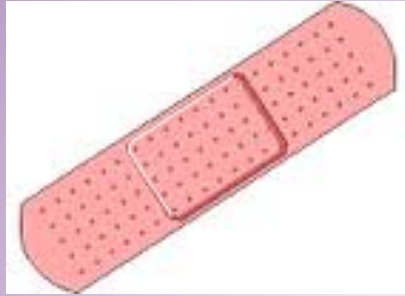


Spring



peas

Vit. K



Heals cuts

Manganese



Healthy bones

Vit. C



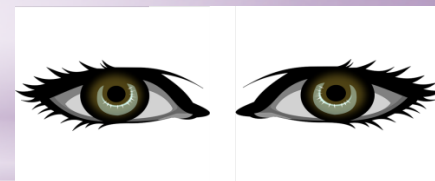
Healthy immune system (prevents colds)

Fiber



Healthy digestion, cleans your system

Vitamin A



Healthy eyes

How do you pick good peas?

- The peas should be bright green with closed pods.
- The pea pods should be plump and filled out.
- Peas can be refrigerated up to four days or frozen for up to six months.
- Peas can be boiled, baked or steamed. Some peas can even be eaten raw.



Fun Fact: There are over 1,000 different varieties of peas!

Let's try some **peas!**

