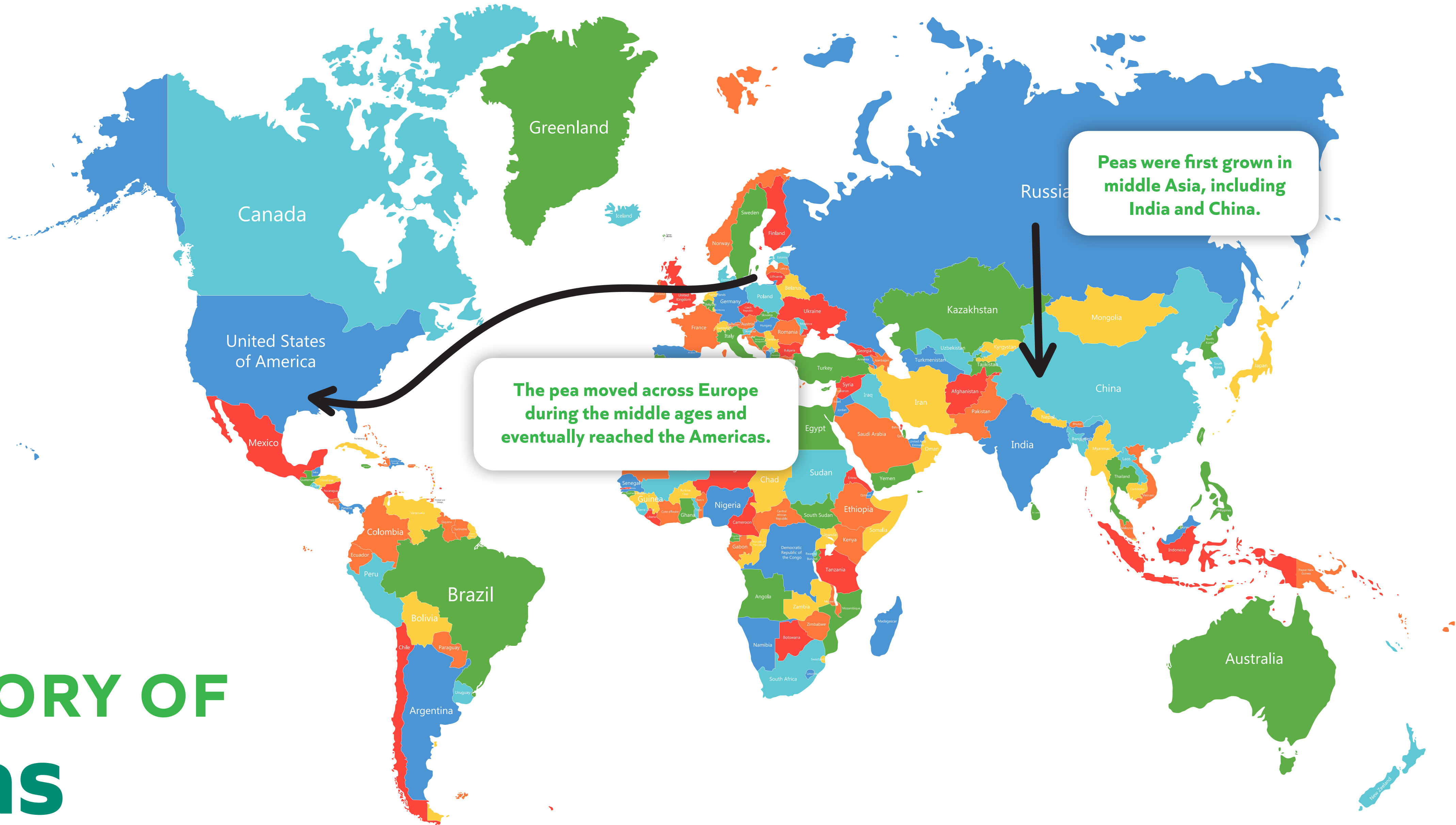


HARVEST OF THE MONTH:

Peas



HISTORY OF Peas

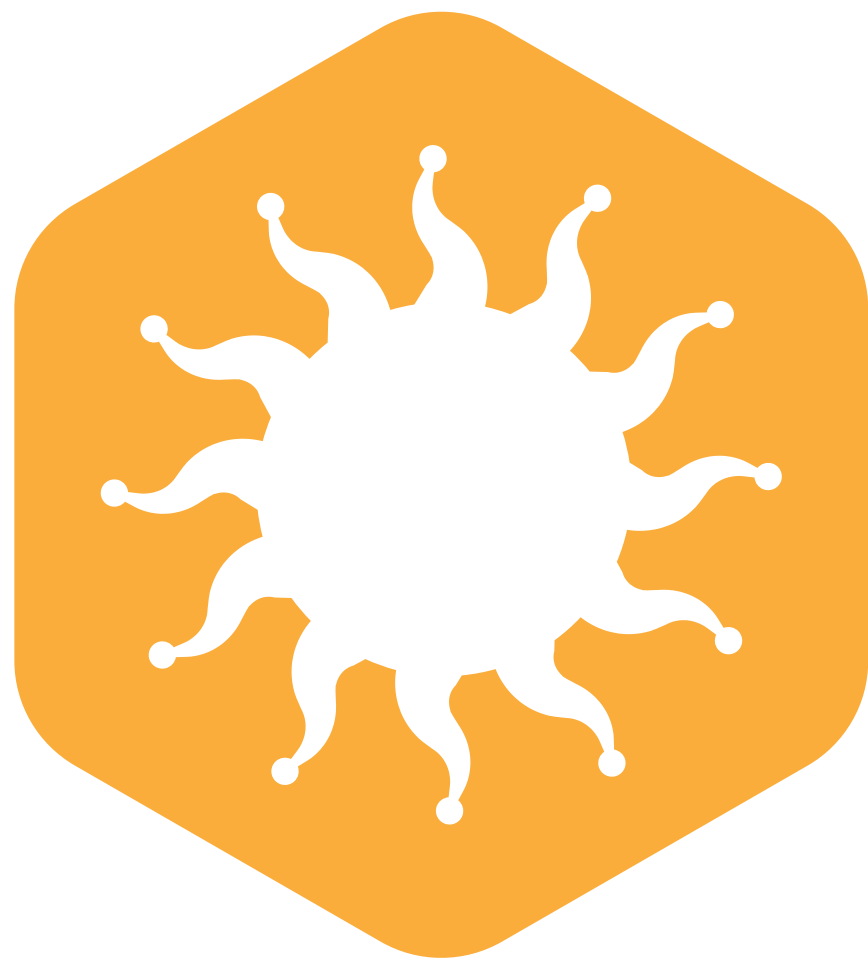




Peas grow on vines. We eat the seeds and sometimes the pods of pea plants.

HOW DO PEAS GROW?

WHAT SEASON DO WE PICK PEAS?



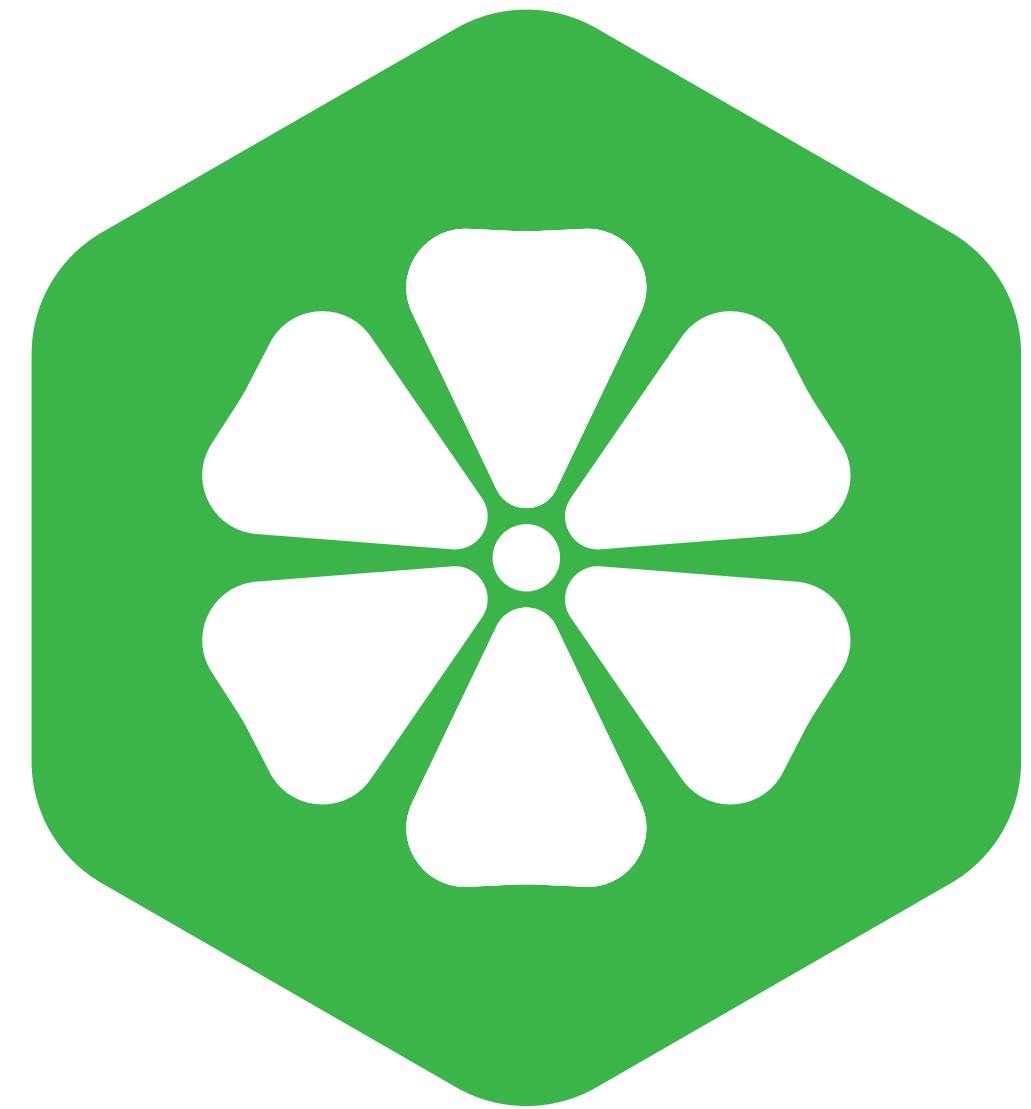
SUMMER



AUTUMN



WINTER



SPRING

WHY SHOULD WE EAT PEAS?

**Healthy immune system
(prevents colds)**



Healthy eyes



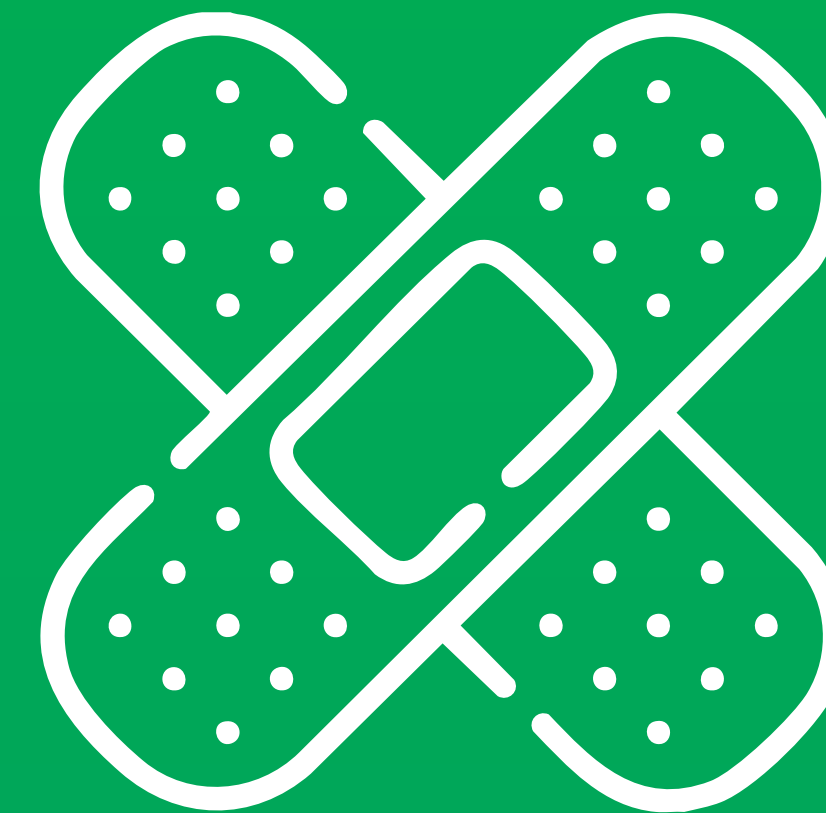
Strong bones



**Healthy digestion,
cleans out your system**



**Contains vitamin
K – heals cuts**



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!

