ALL ABOUT PEAS





WHAT ARE PEAS?

Peas are small, round vegetables that grow inside pods. They belong to the legume family and are packed with nutrients!

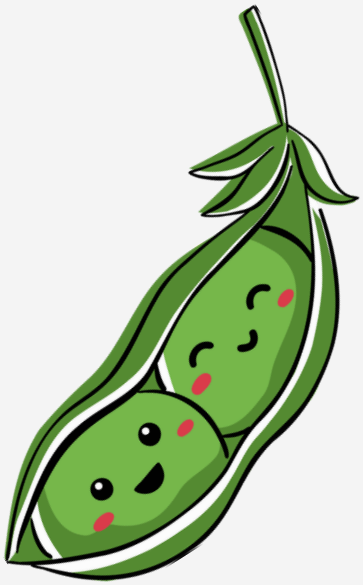


HOW DO PEAS GROW?

Farmers or gardeners plant pea seeds in the soil. The seeds sprout and grow into vines or small plants. Flowers bloom, and soon after, pea pods appear. When the pods are ready, they are picked, and the delicious peas inside can be eaten!

HEALTH BENEFITS OF PEAS

Peas contain vitamin C, Fiber, and Protein .



Two peas in a pod!

Nutrition Facts	
Portion Size	**180 g**
Amount Per Portion **Calories**	**106**
	% Daily Value *
Total Fat 0.3g	0 %
Sodium 5.4mg	0 %
Total Carbohydrate 27g	10 %
Dietary Fiber 5.6g	20 %
Sugar 18g	
Protein 0.7g	1 %
Vitamin D 0mcg	0 %
Calcium 16mg	1 %
Iron 0.3mg	2 %
Potassium 187mg	4 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

tasty





FUN FACTS

- Peas have been grown and eaten for thousands of years! They have been found in Egyptian tombs.
- A single pea plant can grow dozens of pea pods, and each pod holds multiple peas.
- Peas come in different types: garden peas (sweet peas), snow peas, and snap peas.
- The world record for eating peas is 7,175 peas eaten one by one in an hour!
- The oldest pea ever recorded was found in Thailand. It was 3,000 years old!

Farm to School
SOUTH DAKOTA

PEAS IN SOUTH DAKOTA

Peas are grown in the garden and as a crop in South Dakota. Peas grown in South Dakota need to be heat-tolerant. Peas do not like hot summer temperatures; they grow best in a range of 55 to 65 degrees, and temperatures over 80 degrees decrease yield. Peas grown as a crop in South Dakota are used as a high-protein livestock feed.

JOKE TIME

Q: What do you call an angry pea?
A: A grum-pea!

Q: Why didn't the pea go to the party?
A: Because it was feeling a little green!



