PEAS TALKING POINTS

Here at (SCHOOL NAME) we support local farmers. This month we are focusing on peas. Here is some information on peas.

What are Peas?
Peas are small, round vegetables that grow inside pods. They belong to the legume family and are packed with nutrients! **Read trivia for the week.**

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! **Read trivia for the week.**

Fun Pea 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! **Read trivia for the week.**

Health Benefits of Peas.
Peas contain vitamin C, Fiber, and Protein. **Read trivia for the week.**

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. **Read trivia for the week.**

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HELPFUL TIPS

- Harvest of the Month is not designed to be used in any particular order. Please use it as you see fit.
- Choose a different item to focus on each month.
- Hang the poster in the cafeteria where all students can see it.
- Hand out the Fact Sheets and the Recipes for an option to cook at home.
- Have fun with the color sheets. Create a color contest or an opportunity for students to decorate
- the lunchroom. Choose a different class every month to be featured as the “Harvest of the Month
- Artists”.
- Trivia questions can be used in any order. Feature one question a week. Read the trivia question with
- the facts for the week and have students share the answer with you throughout the week. At the
- end of the week give them the answer to the trivia.
- Trivia question answers can be found on the fact sheets.
- Have fun with the feature. Create some new foods and use as a snack throughout the month.

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