

# PEAS

## SNAP PEAS FAST FACTS

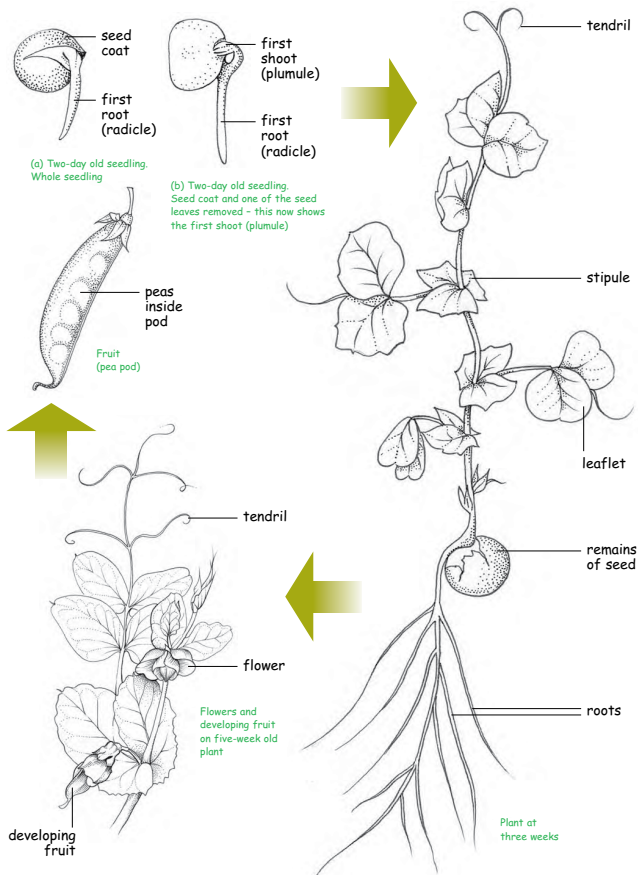
- Wisconsin ranks number **1<sup>ST</sup>** in the processing of green peas.
- Thomas Jefferson planted more than **30 VARIETIES** of peas in his garden.
- Have a short life cycle and will flower within **12 WEEKS**.
- Some peas, like sugar snap peas **GROW ON A VINE** that can climb up a fence or trellis while growing.

## HEALTH BENEFITS

Peas are one of the best sources of **DIETARY FIBER** and are an excellent source of **VITAMIN C, IRON, ZINC** and **POTASSIUM**.

## VARIETIES OF PEAS

- Peas are a member of the **LEGUME FAMILY**. The legume family produce pods that enclose fleshy, edible seeds. Peas are broken into **TWO VARIETIES** based on their pods.
- **GREEN PEAS**, sometimes called garden peas have sweet/full-sized seeds, but the **PODS ARE NOT EDIBLE**. When the peas are harvested they are shelled and only the soft seeds are used as to eat.
- **EDIBLE-POD PEAS** produce peas that are encased in pods that do not need to be shelled. The pods contain seeds that are not fully developed so when the entire pea pod is eaten, it is tender and sweet. The main types of edible-pod peas are **SUGAR SNAP PEAS** and **SNOW PEAS**.



Source: [www.saps.org.uk/attachments/article/233/SAPS%20-%20Investigation%20G7.pdf](http://www.saps.org.uk/attachments/article/233/SAPS%20-%20Investigation%20G7.pdf)



Sources: Wisconsin Department of Public Instruction and Wisconsin DATCP