

LEARN



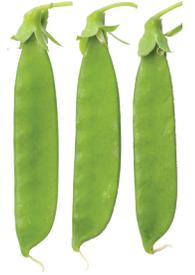
facts

- Spanish translation: *Los chícharos* • Hmong translation: *Taum Mog*
- Peas have been found in historical sites dating nearly 10,000 years old. Peas are thought to have originated from either Thailand and Myanmar, the Middle East, or Ethiopia.
- Peas are part of the legume family. Legumes produce pods that enclose fleshy, edible seeds. Peas are seeds! There are two main kinds of peas based on their pods. Green (or garden) peas have sweet, full-sized seeds, but the pods are not edible. After green peas are harvested, the pods are removed and only the soft seeds are used. Another group of peas are encased in pods that do not need to be removed. These pods are edible and contain seeds that are not fully developed, so when the entire pea pod is eaten, it is tender and sweet. The two main types of edible-pod peas are sugar snap peas and snow peas.
- Wisconsin ranks third in the nation for the processing of peas.



garden (green) peas

Snow peas



Sugar snap peas

EAT



nutrition & seasonality

• Key nutrients:

Fiber - Keeps digestion running smoothly.

Folate - Helps prevent birth defects, is needed to make DNA, and helps your cells divide, including red blood cells.

Vitamin C - Helps wounds heal, is important for the immune system, and is an antioxidant, which protects cells from damage.

- Fresh sweet peas grown in Wisconsin are available in June and July.

TASTE



taste testing

Nutritious,
Delicious,
Wisconsin!

Sugar snap peas are a favorite among kids, especially when picked fresh from the garden! You can also serve snap peas with a healthy dip. Build excitement for trying new foods by offering kids a riddle before revealing what they will be tasting. "What is sweet, green in color, you can snap it open, but it isn't candy?" Encourage kids to use their five senses to observe, smell, feel, listen, and taste the sweet peas. Can they hear the snap?

— Credit: Zulema Cruz Hinds, FoodWise Nutrition Educator



FUN



activity: Plant Role Play

Objective: Kids become plants to learn what plants need to grow and be healthy.

Supplies: Small bags of soil or paper towels, spray bottle with water, and a paper fan.

Procedure: Our bodies are healthy when we eat nutritious foods. What can we do to help plants grow and produce food? We often begin by planting a seed. Share that you will be acting out a short play to learn what plants need to grow and be healthy.

Plants start as seeds, so ask kids to crouch down and become a seed. Ask kids to close their eyes, or turn off the lights if in the room, to stimulate a seed that is buried in the ground. First, give kids a bag of soil, a piece of brown paper towel, or something else to represent soil. They should hold the soil as they crouch. Next, go around with a spray bottle and give all “seeds” a light misting of water. After receiving the water, encourage the kids to raise a hand in the air to simulate a seed sprouting through the soil. Following the water, have kids open their eyes (or turn on the lights in the room) to receive sunlight. Tell kids to rise a bit from the ground to demonstrate that they are growing. Finally, use a small paper fan (or some other representation of wind) to blow air on kids, after which they can stand up to represent a full-grown and healthy plant.

Follow up by asking kids what they needed to grow from a seed to a mature, healthy plant.

Answer: Sun, Soil, Water, and Air.

— Adapted from: *Got Veggies? A Youth Garden-Based Nutrition Education Curriculum*

This activity can be done in multiple settings: classroom, outdoors, garden, or virtual.

Tips for adapting to virtual learning: This activity can be facilitated over a virtual learning platform or shared with parents and caregivers to lead with children.

Share pictures and engage with the Wisconsin Harvest of the Month community by using #WIHarvestoftheMonth on social media.



READ



books

- *Little Pea* by Amy Krouse Rosenthal
- *Peas (What's for Lunch?)* by Claire Llewellyn

planting

Peas enjoy cool weather and do not mind frost. This means you can plant peas in the garden early in the spring. The soil must be relatively dry so that the seeds do not rot before they sprout.

harvesting

Harvest garden peas when pea pods are swollen (appear round). Sugar snap peas are best when the pods first start to fatten, but before the seeds get very large. Harvest snow peas when the pods reach full length but are still flat (peas are just beginning to be visible). Sugar snap peas and snow peas can be harvested every 1-3 days.