**Peas**

**May 2021**

*Pisum Sativum*

**Plant:** Legume (pods with enclosed seeds)

**Part We Eat:** Inner seeds, pods (for snap and snow peas)

**Growing Conditions:** Cold-hardy, prefer full sun, trellised for climbing

**Plant to Harvest Time:** 60-70 days

**Likely Originated From:** Thailand, the Middle East, and Ethiopia

**Important Nutrients:** Vitamins C, K, and A, Dietary fiber, and Potassium

**Benefits:** Helps your body heal from injuries, improves your immune system, and helps maintain healthy bones, heart, and digestive system

**Fun Fact:** While peas have been eaten for over 10,000 years, the sugar snap pea is a hybrid of standard peas and snow peas, and was created only 42 years ago in 1979.

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