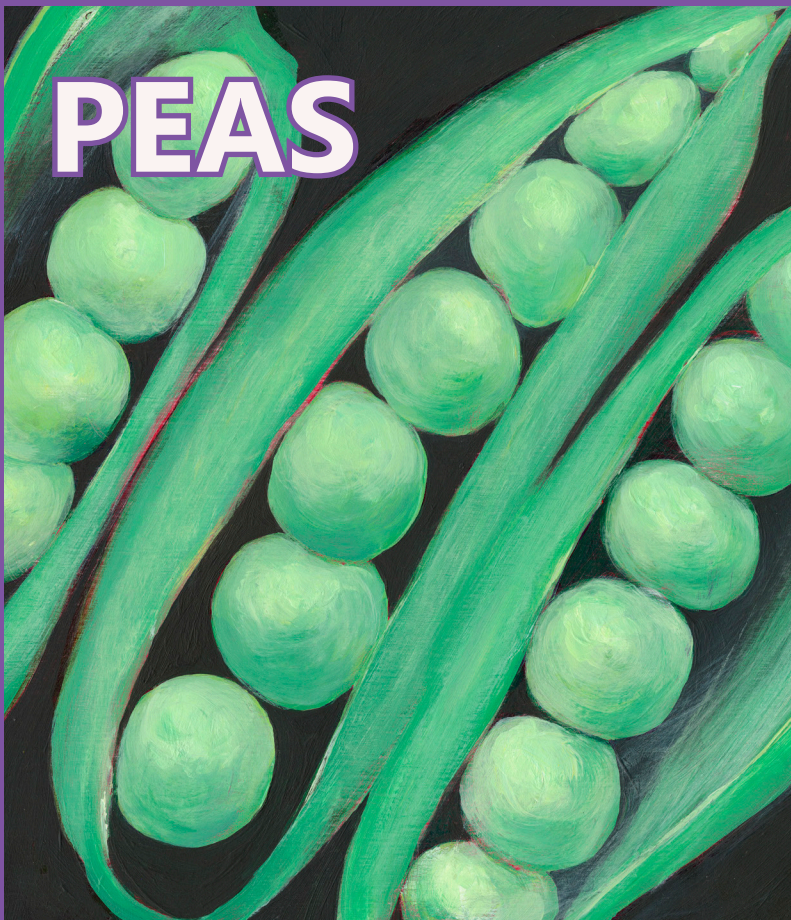


# Harvest of the Month



## Literature Links

- *First Garden*, by Robin Gourley
- *Our Community Garden*, by Barbara Pollak
- *Gregor Mendel, The Friar Who Grew Peas*, by Cheryl Bardoe

## Joke Corner

What do you call an angry pea?

A grump-pea

Why do peas dislike noisy eaters?

They just want peas and quiet.

Did you hear about the pea that got damaged?  
It had to wear a pod cast.

## Local Highlight

Fresh peas are so delicious! They are such a treat straight from the garden or farmers market. They are also a very labor intensive crop to pick and challenging to find in the large quantities we need for Harvest of the Month. We hope students enjoy the special freeze dried peas instead!



HUMBOLDT COUNTY OFFICE OF EDUCATION  
Nutrition Programs & Services



# Harvest of the Month



## PEAS

*Pisum sativum*



Spanish: los guisantes, las arvejas  
Hmong: taum mog

## Nutrition Power

Peas are a great source of fiber and protein.



**Fiber** helps your digestion and keeps your gut healthy!



**Protein** helps you build muscles!

## History

People have been eating peas for over 10,000 years! The peas our ancestors feasted on were very different from the fresh peas we eat today. Known as field peas, they were much tougher and very starchy. Throughout the medieval period, field peas were usually harvested in their dried form so they could be stored for a long time, and then they were boiled to make a porridge. Garden peas, or shelling peas that can be eaten fresh and green, were developed by the 16th century. Peas with edible pods like sugar snap peas were developed later.



## Did You Know?

- Plant part we eat: if we eat the pea out of the pod we are eating the SEED; if we eat the whole pod with peas inside we are eating the FRUIT!
- The pods of shelling peas are tough and fibrous. Pods of sugar peas, including snow peas and snap peas, are tender and sweet.
- Pea shoots, or the delicate new growth of the pea plant, are commonly used in Asian cuisine and are becoming more popular in the United States.
- In 1984, Janet Harris broke a Guinness World Record by consuming 7,175 peas in 60 minutes using chopsticks!

