

Harvest of the Month



PEAS



TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** peas on their own.
2. **MAKE** a dish with peas using the recipe and ingredients provided.
3. **LEARN** about peas with the information below.



Fun Facts

- It is said that peas are one of the oldest vegetables. People have been eating them for over 10,000 years!
- Peas are used in cuisines all around the world, from Indian curries to Swedish soups and Chinese stir fries to Hungarian dumplings.
- Peas are a cool weather crop and are perfect to plant in the garden in late spring.
- Peas are a good source of protein, which helps you build muscles!

Types of Peas

- **Green peas** (also called garden peas or shelling peas), are “shelled,” or removed from their pod before eating. The pod is too fibrous to eat. Only a small percent of green peas are sold fresh. Most are canned, frozen or dried.
- Edible-pod peas include **snow peas** and **sugar snap peas**. They were specifically bred so that the pods’ fibers go in one direction, allowing them to be chewed more easily!

These types of peas are primarily eaten fresh, and taste best within a couple days of harvesting.



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



Enrolled in CalFresh? Don't forget to complete your semi-annual report, also know as the SAR 7! Call the Eureka Call Center to verify when it is due: 1-877-410-8809.