



PEAS

- The pods of shelling peas are tough and fibrous, so the peas are removed from the pod to eat them. Pods of snow peas and sugar snap peas are tender and sweet, and can be eaten whole.
- Peas are most commonly green. They can also be yellow or purple.
- These sweet vegetables are high in fiber, protein, vitamin B, and vitamin C.
- The world record for eating peas is held by Janet Harris of Sussex, England who, in 1984, ate 7175 peas one by one in 60 minutes using chopsticks!



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ART: Cup Garden

Supplies

- Old cups and saucers (look in local thrift stores)
- Small rocks and mixed soil
- Succulents, moss, and plants
- Wooden craft sticks or twigs, shells, and other small items
- Craft glue or hot glue gun

Directions

1. Add one inch of small rocks to the bottom of the cup.
2. Fill the rest of the cup with soil, keeping the soil level half an inch below the edge of the cup.
3. Use your imagination to design your unique cup garden! Use the craft sticks/twigs and glue to create accessories like a bench or fence, and add plants to make a garden!

Source: www.instructables.com/DIY-Cup-Garden/



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