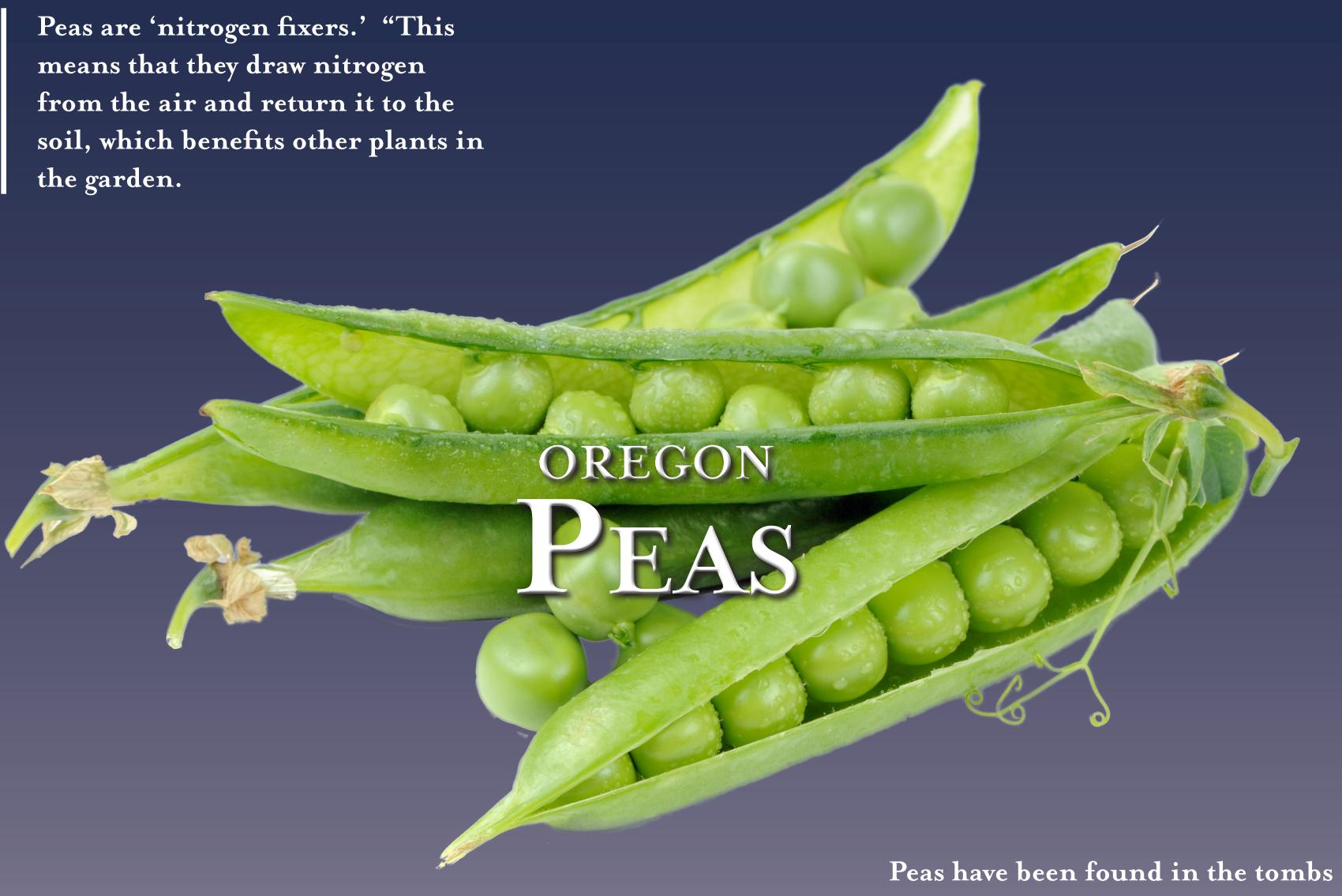
Thomas Jefferson, the third President of the United States, grew over 30 varieties of peas in his garden.



Nutrients found in Peas

- ~ Peas are an excellent source of vitamin A which is good for eyesight!
- ~ Peas are also an excellent source vitamin C, which helps our bodies fight infection.
- ~ Peas add fiber to your diet.

of Egyptian pharaohs and are thought to have been eaten as far back as 3800 BC - 3600 BC.



There are two types of peas, edible pea pods and shelling or green peas.



Edible pod peas like snap and snow peas are eaten with their pod raw or cooked. Botanically, the pods of snow and snap peas are the fruit.



and eaten raw or cooked.

Green peas are removed from their pod



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