

# OREGON PEAS GROWN FOR SCHOOLS

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

Peas are 'nitrogen fixers.' "This means that they draw nitrogen from the air and return it to the soil, which benefits other plants in the 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.

Peas have been found in the tombs 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.



Green peas are removed from their pod and eaten raw or cooked.