

Great Green Peas



Where do peas come from?



A pea is the small round seed of the pod fruit *Pisum sativum*. Each pod contains several peas. Peas taste sweet and are most commonly green but can also be yellow and sometimes purple!

The modern day garden pea is thought to have originated from the field pea that was native to central Asia and the Middle East. **Canada is currently the largest world producer and exporter of peas.**

Peas are high in fibre, packed with protein, and contain the mineral zinc. **Peas also contain carotenoid phytonutrients which promote vision and eye health.**



You can do a lot with peas. You can make pea pies, add them to a stir fry or eat them as a fresh lunch box snack.

Green peas are also good for the environment as they provide the soil with important benefits including increasing the amount of available **nitrogen** - **the compound plants use to make food.**

Quiz

1. Peas are good for vision and eye health [true or false]
2. Peas contain a mineral starting with Z, what is it?
3. What compound do peas provide the soil?