

LEARN



facts

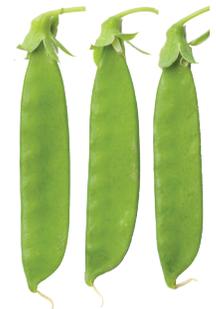
- Spanish translation:
Los chícharos
- Hmong translation:
Taum Mog
- Peas are seeds. Green (or garden) peas have sweet, full-sized seeds.
- Sugar snap peas and snow peas have pods that you can eat.



Garden (green) peas



Sugar snap peas



Snow peas

EAT



nutrition & seasonality

- Sweet peas have fiber. Fiber keeps us feeling full longer and helps digestion run smoothly.
- Share with children:
Fiber helps you poop.
- Fresh sweet peas grown in Wisconsin are available in June and July.

TASTE



Nutritious,
Delicious,
Wisconsin!

taste testing

Sugar snap peas are a favorite among children, especially when picked fresh from the garden! You can also serve snap peas with a healthy dip.

Encourage children to use their five senses to observe, smell, feel, listen, and taste the sweet peas. Can they hear the snap?



FUN



Share pictures and engage with the Wisconsin Harvest of the Month community by using #WIHarvestoftheMonth on social media.

activity: Investigating Seeds

Give children two sugar snap pea pods to try, one small and one large. You could also provide one sugar snap pea pod and one snow pea pod.

- Ask children to first use their eyes to look at the vegetable. What color is it? Is it smooth or bumpy? Ask if anyone knows what vegetable it is.
- Have children take the smaller pea pod. On the count of three, take a bite together. Emphasize the crunching sound and discovering a pea inside the pod.
- Have children take out the larger pea pod. Show them how to snap it open with their hands. Explore the peas inside. Are they small or big? How many are there? How are the seeds from the two pods the same or different?
- Talk about how you can eat both the peas and the pea pod.

— Credit: April Duval, FoodWise Nutrition Coordinator



READ



books

- *Feast of Peas* by Kashmiri Sheth and Jeffrey Ebbeler
- *Growing Vegetable Soup* by Lois Ehlert

GARDEN CONNECTION

planting

Peas enjoy cool weather and do not mind frost. This means you can plant peas in the garden early in the spring. The soil must be relatively dry so that the seeds do not rot before they sprout.

harvesting

Harvest garden peas when pea pods are swollen (appear round). Sugar snap peas are best when the pods first start to fatten, but before the seeds get very large. Harvest snow peas when the pods reach full length but are still flat (peas are just beginning to be visible). Sugar snap peas and snow peas can be harvested every 1-3 days.