

Harvest of the Month

Spring Peas

Calories
134

Total Fat
0g

1
Cup

Sodium
5mg

Sugars
9g

FUN FACTS:

When English colonists arrived in America, peas were one of the first crops to be planted.

This institution is an equal opportunity provider.



Peas have been used in the dry form since ancient times.

Remains have been found in ancient ruins dated at 8000 years old in the Middle East and Turkey.

When English colonists arrived in America, peas were one of the first crops to be planted.

Peas are a good low calorie source of protein and an excellent source of vitamin C.