



# Sugar Snap Peas

## Types of Peas

Peas are a member of the legume family. Legumes produce pods that enclose fleshy, edible seeds.

There are two main kinds of peas:

- **Green peas** are sweet but their pods are not edible. After harvesting, the peas are shelled and only the soft pea seeds are used.
- **Edible-pod peas** produce peas in pods that you can eat! These pea pods have fibres that grow in one direction and seeds that aren't fully developed which makes them easier to chew and tender. The two main types of edible-pod peas are sugar snap peas and snow peas.

Sugar snap peas are best eaten raw or briefly cooked, like in a stir-fry. You can buy local Ontario sugar snap peas from June to September and they can also be easily grown in an outdoor garden.



## Where did they come from?

Peas have been around for almost 10000 years. Scientists have documented peas found in caves in Thailand from 9750 BC. We aren't quite sure where exactly they originated from. Peas have been a part of European civilizations' diets for a long time; Roman cookbooks included information about peas.

The famous explorer Christopher Columbus planted peas in North America in 1492. Sugar snap peas weren't developed until much later in 1979.

## JOKE CORNER

What do you call a pea that falls off your plate? An Esca-pea!

What do you call an angry pea?  
A grum-pea!

Knock knock!  
Who's there?  
Peas.

Peas who?  
Peas open the door and let me in.

# Lost Legumes

E H P M Z V X Q G R C F M M D  
C W Y P H K T R G H F U D U S  
B K V R G U I A D C M N Q D U  
E D A M A M E X G H X K W L G  
W T O T O G O Y T Q R M V E A  
J V Y A D E A L R D X D G N R  
S T R F O Q C D W C K J N T S  
C K P P F H P E A N U T S I N  
X X C F M H Z A N W V P V L A  
Q U S E U B I O W U U X Q S P  
Y Z Y W O E X C P C Q M L S P  
C Q H B P A G G U M C Q S Q E  
D R W Y G N P L Q L J H A S A  
X D Q D J S K N E K Z U U G S  
A C H I C K P E A S B Y D D Z

Peas are a member of the legume family. Legumes produce pods that enclose fleshy, edible seeds.

I need your help! My friends, the legumes, are lost in the letters of the wordsearch! Can you help find them please?

Beans

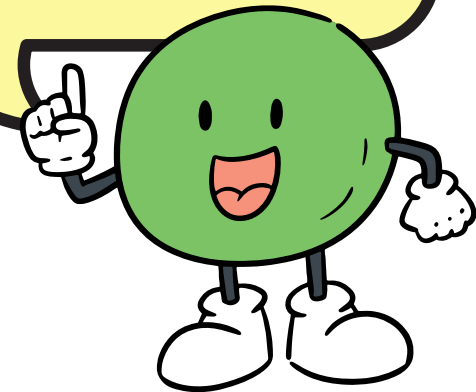
Lentils

Chickpeas

Peanuts

Edamame

Sugar snap peas



## Did You Know?

The French term for sugar snaps and snap peas is *mangetout*, which basically means "eat it all" (as in, the entire pod can be eaten).

Sugar snap peas are a cross between a garden pea and the snow pea.

Picking peas is like treasure hunting! The pea pods blend in really well with the leaves and makes it challenging to spot them. How many pea pods can you see in the picture?

