



## Pretty Peas

Peas are tastiest eaten fresh out of the pod. The sugar in peas starts converting to starch as soon as they are picked, so the more rapidly they are eaten or processed, the better the taste.

Green peas are a seed. Snow or snap peas have a tender pod so that both the pod and young seeds are eaten. Peas grow on vines which vary in length from 30cm to 3m.

Peas are one of the oldest and most versatile vegetables in the world. Peas arrived in the New World by about 1600, and it is believed the first (wild) peas originating from somewhere between the Near East and central Asia. They are sweet and nutritious, offering an excellent source of folacin and a source of Vitamins A and C, fibre, and potassium.

BC produces nine thousand tons of peas each year. Over 90% of these are shelled and processed. The rest are sold fresh to wholesale outlets or at roadside stands. Peas are a cool weather loving plant and some of the highest quality and highest yielding peas in North America are produced in the Fraser Valley of lower mainland BC. There are two processing plants in BC: Lucerne and Snowcrest in Abbotsford.

Because sugars in peas are so rapidly converted to starch and they have to be picked within a day or two of reaching maturity, harvests are planted on a variety of dates and special procedures are used to ensure rapid delivery to processing plants where they are canned and frozen for future use.

<b>NUTRITIONAL FACTS</b>	
<b>Serving Size:</b>	One serving 145g
<b>Calories</b>	117
<b>Total Fat</b>	1g
Saturated Fat	0g
<b>Cholesterol</b>	0g
<b>Sodium</b>	7mg
<b>Total Carbohydrate</b>	21
Dietary Fibre	7g
Sugars	8g
<b>Protein</b>	8g

