

# peas

## The story of



Pea plants grow quickly in the summer with long stems, leaves and small curled stems called tendrils so that they are not shaded by other plants. The leaves need lots of light energy to make food. After the flowers die, green pods grow. Each has up to eight peas inside. The roots of pea and clover plants have tiny lumps which have bacteria inside them. The bacteria put extra nutrients in the soil so that other crops such as potatoes will grow better when the farmer plants them after the peas are harvested.

## Plants



The pods are picked by hand or machine. Some pods are sold in local shops or farmers' markets and the peas need to be eaten within two days or they lose their sweet flavour and good food value.

## Harvest



Dried pea seeds are bought from seed merchants. They are planted into the soil in rows and need to be protected from mice and birds who like to eat them. Small shoots grow into stems and roots. The leaves open and use sunlight energy to make food from water, air and compost.

## Seeds





## Eating

Fresh and frozen peas are sweet and tasty. They have plenty of protein, energy food and vitamins. We can choose peas as one of our 'five a day' fruit and vegetable foods. Cooked vegetables such as peas should not be put in the compost heap as they do not rot well.

5 a day

Good for  
Health



## Processing

Most organic foods are eaten fresh as their food value is higher or because they keep for a few days or weeks. Peas keep their flavour better if they are frozen a few hours after harvesting. At the factory the peas are taken out of the pods and frozen, then packed into sealed plastic bags. The bags of peas are transported in freezer lorries to supermarkets and shops. The organic peas are labelled so that people can choose to eat vegetables which have not been sprayed with chemicals.



## Preparing food

Peas need to be steamed for a few minutes. We eat them with other foods such as meat and potatoes.



## Transport

Most peas are transported to a factory a few hours after harvest.