

English peas were typically dried before the 16<sup>th</sup> century, when they developed more tender peas to eat fresh. Gregor Mendel, an Austrian monk, used them to perform experiments that were later used as the foundation for modern genetics.



### Brain teaser!

A poor farmer went to market to sell peas and lentils but only had one bag and didn't want to mix the two. He put the peas in the bottom, tied it around the middle, and filled the rest with lentils. At the market, an innkeeper with his own bag wanted to buy the peas but not the lentils. The farmer can't soil the produce, trade it, or cut a hole in it. How can he transfer the peas to the innkeeper's bag without ruining the produce?

## Veggie of the Day..

### English Peas!



How do green peas grow?

- A. On a vine.
- B. In a tree.
- C. In the ground.
- D. On a bush.



Answer: A, English peas grow on a vine and need support from a trellis to grow.

English peas are a bright green, starchy pea that have inedible pods. They must first be shelled before they can be eaten. Their peak season is in the spring and the peas are canned or frozen for year round availability. The peas are sweet, which makes them a great side dish for any meal. Usually, they are steamed or boiled before eaten.



### Did You Know

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Three-fourths of a cup of English peas are only 100 calories and have more protein than an egg.

### Split Pea soup with Ham and Bacon

**Ingredients:** • 1 lb dried split peas • 1 lb ham cut into chunks • 1 tsp vegetable oil • pinch of salt and pepper • bacon bits for topping

Put split peas, ham cubes, salt and pepper, and enough water to cover the ingredients, into a pot on medium heat. Cover and cook for 2 hours until liquid. Add water if needed. Once liquid, remove from heat and let stand to thicken. Add bacon bits. Heat if needed to serve.