



PEAS

WINTER

SPRING



ARKANSAS
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UofA
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System



GROW

Plant peas in loamy, medium to rich soil in a sunny area. Sow peas 1 to 1 1/2 inches (in.) deep and 1 in. apart. Most pea varieties are self-supporting during growth, but tall varieties require some sort of trellis. Harvest peas when pods appear round, before they become hard and starchy.



PREP

Rinse peas in cool water. English peas have an inedible pod, and their peas need to be removed. Snow and snap peas have a partially edible pod, but the fibrous string along the seam must be removed. Prepare raw, steamed, sautéed, or microwaved.



EAT

English and sweet peas make a great addition to salads, noodle-based dishes, and fried rice. Snow peas are delicious in stir-fry. Snap peas can be enjoyed raw or slightly steamed as a snack or side dish.



LEARN

Peas are **vegetables** that are native to Asia. They are a part of the legume family and are closely related to beans and lentils. Peas have many vitamins and minerals including vitamin K, which benefits bone and blood health. The scent of sweet pea flowers is commonly used in perfumes, soaps, and lotions.

