There are two types of peas, edible pea pods and shelling or green peas.

Nutrients found in Peas
~ Peas are an excellent source of vitamin A which is good for eyesight!
~ Peas are also an excellent source vitamin C, which helps our bodies fight infection.
~ Peas add fiber to your diet.

Peas have been found in the tombs of Egyptian pharaohs and are thought to have been eaten as far back as 3800 BC - 3600 BC.

Thomas Jefferson, the third President of the United States, grew over 30 varieties of peas in his garden.