

PEAS



- ◆ Peas are some of the oldest known vegetables, found in fossils dating from the Bronze age.
- ◆ Christopher Columbus planted peas in the Americas in 1492.
- ◆ Peas are an excellent source of vitamin C.
- ◆ One serving of peas has more vitamin C than two large apples.
- ◆ Green peas also provide iron and zinc.
- ◆ Janet Harris hold the world record for eating peas. In 1984, 7175 peas were consumed one by one in 60 minutes using chopsticks.
- ◆ The story of The Princess and the Pea was written in the mid to late 1800's by Hans Christian Andersen. Check out the Story!