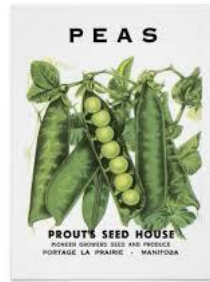


Peas

(Legume family)



Seed Starting/Propagation:

Pre-soak seeds 12 hours prior to planting. Plant seeds directly in garden 6 weeks before last frost (1st week in April). Plant 1" deep and 8 plants per square foot or 3-4 inches apart.

Care:

Peas like full sun and moist but well drained soil. Water weekly about 2-3" a week. As the plant matures apply mulch to keep roots cool, retain moisture, and prevent weeds. Peas are a vine plant so they will need a trellis or pole to grow up.

Companions:

Peas grow well with carrots, turnips, radishes, cucumbers, corn, beans and potatoes. They also grow well with aromatic herbs. Don't plant with onions, garlic or gladiolus.

Harvesting:

Carefully pick or cut pods off their stems at any stage of growth. For preserving wait until the pods are bulging before picking. Once you are done harvesting turn the entire plant right into the soil for some added nitrogen or pull up and put into compost pile.

Preserving:

Freeze, bottle or dehydrate right after picking, although fresh yields the best taste.

Seed Saving:

Allow the pods to dry on the plant, usually by early summer. Pick and open the pods to remove the seeds, then lay on a screen to complete the drying process. Once dried store in a jar, envelope or bag where they will keep for 4-5 years.

Nutrients:

Vitamin K, B-complex vitamins, folic acid, vitamin C, vitamin A, antioxidants, calcium, iron, copper, zinc, manganese, protein, fiber, variety of minerals.