

## Learn More

**Did you know:** Peas are members of the legume family and related to beans, lentils, and peanuts. Dried peas have been found in ancient Egyptian tombs and are known to have been eaten by the ancient Greeks and Romans. Peas with an edible pod, such as snow peas and snap peas, were developed by the Dutch and English in the early 1600's. The delicious Sugar Snap Pea was developed in the late 1600's, but only became commercially available in the late 1970's. High in protein and fiber, peas are an excellent addition to the diet.

**Cooking and Storage Tip:** After harvesting or buying, keep your peas cool! Like corn, the sugar in peas starts to convert to starch shortly after being picked. Keeping peas in the refrigerator will slow the conversion and keep your peas sweet for a longer period of time.



Find gardening books at the library! Go to <https://aclibrary.org/> and search the catalog using terms such as: **Gardening** or **Vegetable Gardening**.

## Craft: Seed Tape

### What you'll need:

- Newspaper, cut into 2" strips
- Seeds
- Scissors, Ruler, Marker
- Bowl and spoon
- Paintbrush
- 1 tbsp All-purpose flour
- 2 tbsp Water
- Paper clips
- Label the end of your strip with the seed type and plant depth instructions.
- Mix flour and water together in your bowl. You want to get a consistency similar to regular glue. Add more flour or water as needed.
- Using a ruler and marker, measure how far apart your seeds should be planted (check your seed packet for information) and mark out the intervals on the newspaper.
- Put some glue onto each mark you just made with a brush. The glue should be thin enough to see the marks you made.
- Add a seed to each mark. Let dry completely (~24 hours).
- When dry, roll up the strips (with plant information facing out) and clip with a paperclip. Store in a cool, dark place until ready to plant. Unroll and plant!



## Seed Kits:

### Sugar Snap Peas



Image from Kitzawa Seed Company

### SUPPLIES IN YOUR KIT

- Sugar Pea seeds
- Coloring page
- Craft instructions
- Planting log
- Recipe
- Newspaper strip

### SUPPLIES AT HOME

For planting:

- Soil
- Container and/or garden plot
- Water

### Sugar Peas (*Pisum sativum*)

Sugar Ann snap pea is an early maturing dwarf variety. No staking required. The large edible pods are sweet and crisp. Matures in about 55-60 days.

### Seed Package Instructions:

**Culture:** Prepare fertile, well-drained soil. Sow seeds in early to late spring after last frost or sow seeds in fall 8-10 weeks before first frost date. No need for trellising because vine reaches 2' in height.

**Water:** Keep soil moist. Heavy watering during flowering can interfere with pollination. Fertilize as needed with a balanced fertilizer. Too much nitrogen will produce lush foliage and result in poor flowering and fruiting.

**Harvest:** Pick sugar peas when pods begin to swell.

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GRAB AND  
GO CRAFTS



## PLANTING LOG

PLANT NAME \_\_\_\_\_

LATIN NAME \_\_\_\_\_

EXPECTED DAYS TO GERMINATION \_\_\_\_\_

EXPECTED DAYS TO MATURITY \_\_\_\_\_

Location of Planting:

Date Seed Planted:

Number of Seeds Planted:

Germination Date:

Date of First Harvest:

Date of Last Harvest:

Pests/Problems:

Notes:

## Recipe: Pea and Mint Soup

Yield: 4-6 Prep time: 10 minutes Cook Time: 15 minutes

Amount	Ingredients
1	medium onion diced
2	cloves garlic minced
2 tbsp.	butter or olive oil
4 cups	vegetable broth
5 cups	fresh shelled peas or frozen peas thawed
1/2 cup	mint leaves chopped
1 tbsp.	lemon juice
1 tsp.	kosher salt
1/2 tsp.	ground black pepper
Optional	crème fraiche, sour cream, or yogurt

1.	In a large pan or stock pot, over medium heat, add butter or olive oil, garlic and onions, stirring often; cook until translucent (About 5 minutes).
2.	Add peas, mint and broth. Cover and bring to a boil. Reduce heat and simmer until peas are tender (About 8 - 10 minutes).
3.	Remove from heat and either transfer to a blender or use an immersion blender. Pulse the blender to puree until smooth. Add salt, pepper, and lemon juice.
4.	Optional: Top with a dollop of crème fraiche, sour cream, or yogurt. Can be serve hot or chilled.

