

Freshly-picked peas, straight from the pod, are tasty and sweet - much nicer than frozen ones from the shops. They're easy to grow, even if you don't have much space.

There are two different types of pea: shelling peas (where you eat just the peas) and edible podded peas (where you eat the pods too!)

Popular pea varieties

'Bingo'

A heavy cropper - but don't eat the pods!

'Kelvedon Wonder'

Throw the pods away!

'Mangetout'

Eat the whole thing, pods and all.

'Sugarsnap'

Peel off the strings and eat the whole pods.

What you'll need:

- Pea seeds
- A patch of ground (or a deep container)
- Sticks or canes
- Netting to keep the birds off

Why should you eat them?

One serving of peas contains as much vitamin C as two large apples and more fibre than a slice of wholemeal bread! Peas have lots of nutrients, including:

Vitamin A:

Good for vision, bones, teeth and skin - and important for your growth and immune system.

Vitamin K:

Needed for blood clotting, and keeps bones healthy.

Vitamin B1:

Good for reducing stress and increasing energy.

Record Breaker!

In 1984, Janet Harris of Suxxex ate 7,175 peas, one by one, in 60 minutes - using chopsticks!



Step 1: Sow your peas

- Sow pea seeds outside from March until June.
- Create a wide, flat trench - 5cm deep and 15cm wide. A hoe is useful for this.
- Sow your seeds 7.5cm apart and cover them with soil.
- Water them

Step 2: Grow your peas

- Birds love to steal pea seeds! Cover them with netting until your peas start growing.
- Push twiggy sticks or garden canes into the ground so your plants can cling onto them. Peas like to climb!
- Water thoroughly once a week once your peas start to flower.

Step 3: Harvest your peas

- Your peas will be ready to harvest in 11-16 weeks, depending on the variety.
- Pods are ready to pick when they're full of peas. Pick them regularly to keep new ones coming!
- Pick mangetout and sugar snaps peas just as the peas are starting to develop.