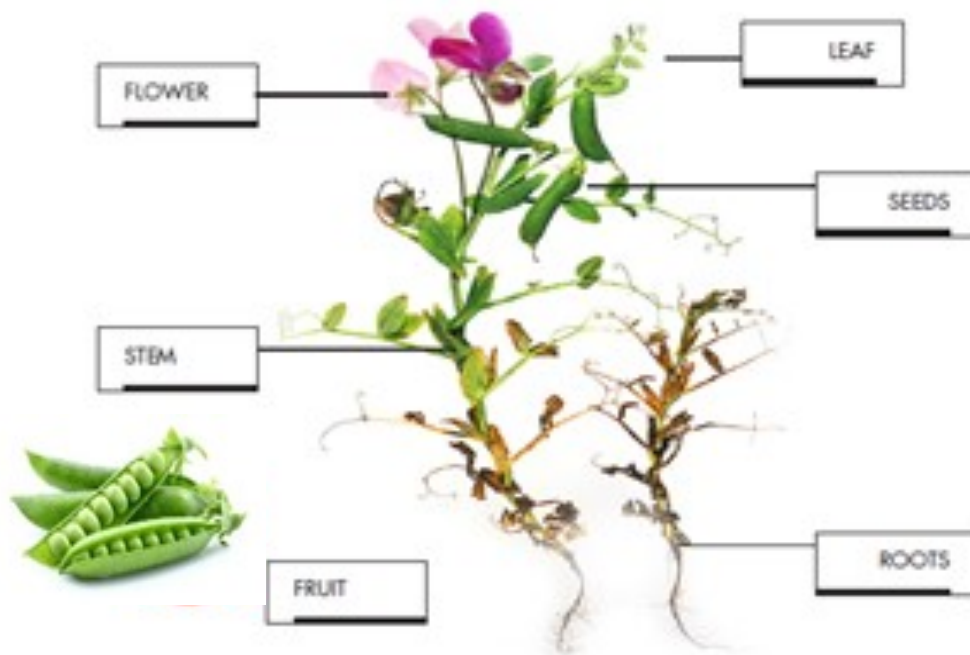


The pea plant

The pea is most normally known as the seedpod of the pod fruit. Each pod contains several peas, which can be green or yellow. The pea plant is an annual plant, with a life cycle of one year. Planting can take place from winter to early summer depending on location.

A pea is a most generally green, they are either low-growing mainly in the field or with a support available can climb to be 1–2 m high.





How many peas and pulses can you name? In addition, what food do you associate them with?

Red, green, yellow and brown lentils



Chickpeas (chana or garbanzo beans) – curry or salad



Garden peas - eat immature and fresh



Black-eyed peas - Stews



Haricot/Navy beans – Baked beans



Runner beans – Salad/omelette/side dish



Broad beans (fava beans) – with sesame seed



Kidney beans (cannellini) - Hummus



Butter beans (Lima beans) – vegetarian chilli



Marrow fat peas – Mushy peas



Mangetout (snow/snap pea) – Vegetable stir fry

