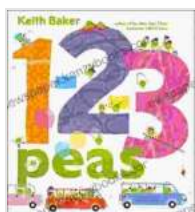


# Peas: The Biography of a Humble Vegetable

Peas are a delicious and versatile vegetable that can be enjoyed fresh, frozen, or canned. They are a good source of protein, fiber, and vitamins, and they are low in calories and fat. This book tells the story of peas, from their origins in ancient times to their present-day popularity.



**1-2-3 Peas** by Keith Baker

★★★★☆ 4.8 out of 5

Language : English

File size : 8280 KB

Screen Reader : Supported

Print length : 36 pages

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## The History of Peas

Peas have been cultivated for thousands of years. They were first domesticated in the Middle East around 8000 BC, and they were brought to Europe by the Romans in the 1st century AD. Peas quickly became a popular food in Europe, and they were eventually introduced to the Americas by European settlers in the 16th century.

Peas have played an important role in many cultures throughout history. In ancient Greece, peas were considered a sacred food, and they were often used in religious ceremonies. In medieval Europe, peas were a staple food for the poor, and they were often used in soups and stews. In the United States, peas were a popular food during the Civil War, and they were often served to soldiers in the field.

## **The Nutritional Value of Peas**

Peas are a good source of protein, fiber, and vitamins. They are also low in calories and fat. A cup of cooked peas contains approximately:

- 110 calories
- 8 grams of protein
- 11 grams of fiber
- 25% of the daily recommended value for vitamin C
- 20% of the daily recommended value for vitamin A
- 15% of the daily recommended value for iron

## **The Culinary Uses of Peas**

Peas are a versatile vegetable that can be used in a variety of dishes. They can be cooked fresh, frozen, or canned. Fresh peas are best in the spring and summer months, when they are at their peak of flavor. Frozen peas are available year-round, and they are a good option for when fresh peas are not available.

Peas can be used in a variety of dishes, including:

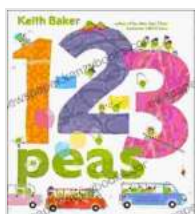
- Soups and stews
- Salads
- Stir-fries
- Casseroles
- As a side dish

## Peas: A Sustainable Food

Peas are a sustainable food because they are relatively easy to grow and they do not require a lot of water or fertilizer. Peas can also be grown in a variety of climates, making them a good option for farmers in many parts of the world.

Peas are also a good source of protein, which is essential for a healthy diet. Protein is necessary for building and repairing tissues, and it can also help to boost the immune system.

Peas are a delicious, nutritious, and sustainable food that can be enjoyed by people of all ages. They are a versatile vegetable that can be used in a variety of dishes, and they are a good source of protein, fiber, and vitamins. If you are looking for a healthy and delicious way to add more vegetables to your diet, peas are a great option.



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