



GREEN PEAS

pisum sativum

PLANTING Aug - Oct **HARVEST** Oct - Dec

INGREDIENTS

- *Green Pea Powder*
- *IQF Green Peas*

An excellent source of vegetable based protein, green garden peas are a cool season crop planted in winter and harvested in early summer while still immature and sweet.

Peas are also eaten raw, as they are sweet when fresh off the bush.