**PEAS**

- Peas are some of the oldest known vegetables, found in fossils dating from the Bronze age.

- Christopher Columbus planted peas in the Americas in 1492.

- Peas are an excellent source of vitamin C.

- One serving of peas has more vitamin C than two large apples.

- Green peas also provide iron and zinc.

- Janet Harris hold the world record for eating peas. In 1984, 7175 peas were consumed one by one in 60 minutes using chopsticks.

- The story of *The Princess and the Pea* was written in the mid to late 1800’s by Hans Christian Andersen. Check out the Story!