

May 2017 – Shelling Peas

CSG's **Educational Roots Framework (RootEd)**™ is grounded in our core values, and is intended to provide garden-based, experiential learning opportunities and leadership development for youth that: cultivate gardening skills, promote health, nurture social & cultural development and enhance academic learning.

Trivia Question and Shelling Peas Facts

QUESTION: “This green vegetable is small, round and sweet tasting. Its pods grow on a vine in the garden, and inside each pod are 1, 2, 3, 4 and sometimes 5 seeds. At the grocery store, this vegetable can be bought frozen, canned or fresh.”

FACTS:

- The phytonutrients in green peas provide us with key anti-oxidant and anti-inflammatory benefits.
- Shelling peas have the sweetest flavor of all the peas. Also, peas with a wrinkly exterior are sweeter than peas with a smooth exterior because they contain more sugar than starch.
- Frozen peas are better able to retain their color, texture, and flavor than canned peas.

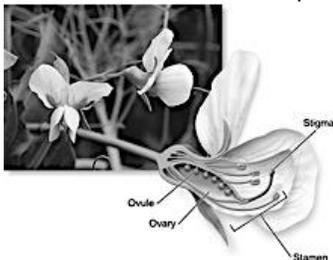
Garden Lessons and Activities

George Washington Carver Crop Rotating – History 2.4d

Lesson: Bring students out to the garden and read aloud *A Weed is A Flower* written and illustrated by Alikei or *In the Garden with Dr. Carver* written by Susan Grigsby and illustrated by Nicole Tadgell. After reading, talk with students about Dr. Carver’s use of plants in the legume family, such as peas and beans, to bring nutrients back to soils in the South after continuous cotton planting had depleted it. Explain that Carver discovered legumes form a beneficial relationship with bacteria in the soil, which allows them to take nitrogen gas from the air and convert it into solid nitrogen in the soil. Pull up a pea plant (or other legume – white clover, beans, etc) and show students the nitrogen-fixation nodules attached to the roots. If time allows, have students go around and dig up clover plants to see their nitrogen nodules themselves. Explain that George Washington Carver was not only perseverant in fighting for his education during a time when blacks did not often have access to education as whites did, but Carver also used his knowledge, discoveries and experience to educate farmers about methods, such as planting legumes, to replenish their soils with nutrients.

Reproduction of Peas – Science 4.4b

Lesson: Have students go outside to the garden and gather near the pea plants. Explain that you’ll be looking for signs of plant reproduction by having them search for peas in each stage of development. First, ask students to find a pea flower. Have them look at the petals and even pull them off to look inside and see the stamen, stigma and pistils. Next, have students find a tiny pea growing out of a flower. Discuss that this shows pollination has taken place. Then, have students find a small pea with the sepals attached (green), but with the petals fallen off. Explain that because pollination has taken place, the petals are no longer needed to attract a pollinator. Finally, have them find a fully ripe pea to harvest. Have them open up the pod to see and eat the seeds inside.



Storybook Suggestion: *Pickin’ Peas* retold by Margaret Read McDonald