

# Peas Vegetables Processing Guide

## Introduction

Pea (*Pisum sativum*) is a popular vegetable crop cultivated worldwide for its edible seeds and pods. It is grown mainly in cool-season climates and is classified into garden peas, snow peas, and snap peas. Peas are a rich source of vitamins, minerals, and dietary fiber, making them an essential component of a healthy diet. This document provides a comprehensive guide to cultivating and harvesting peas as a vegetable crop.

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## Step-by-Step Guide for Cultivation and Harvesting

### 1. Selecting the Right Variety

Different pea varieties thrive under specific climatic and soil conditions:

- **Garden Peas:** Require cool temperatures and well-drained loamy soil.
- **Snow Peas:** Thrive in cooler conditions and are harvested before seeds develop.
- **Snap Peas:** Need a moderate climate and can be eaten whole, including the pod.

### 2. Land Preparation

- Clear the land of weeds and debris.
- Plow and harrow to create a fine tilth for better root penetration.
- Apply organic manure or compost to improve soil fertility.
- Ensure proper drainage to prevent waterlogging.

### 3. Sowing

- Use high-quality, disease-resistant seeds.
- Sow seeds at recommended depths and spacing:
  - **Garden Peas:** 3-5 cm deep with 30 cm row spacing.
  - **Snow Peas:** 2-4 cm deep with 20-25 cm spacing.
  - **Snap Peas:** 3-4 cm deep with 25-30 cm spacing.
- Ensure timely irrigation at sowing for proper germination.

### 4. Crop Management

- **Watering:** Peas require moderate irrigation, particularly during flowering and pod formation.
- **Weeding:** Regularly remove weeds to avoid competition for nutrients.
- **Fertilization:** Apply phosphorus and potassium-rich fertilizers to enhance pod development.

- **Pest & Disease Control:** Implement organic or chemical treatments to prevent common issues like powdery mildew, aphids, and pea weevils.

## 5. Harvesting

- **Garden Peas:** Harvest when pods are full and green but before seeds harden (60-70 days after sowing).
- **Snow Peas:** Ready when pods are flat and tender, before seed development (50-60 days after sowing).
- **Snap Peas:** Harvest when pods are plump but still crisp (55-65 days after sowing).

## 6. Post-Harvest Processing

- **Sorting & Cleaning:** Remove damaged or overripe pods.
  - **Storage:** Store peas in a cool, humid environment to retain freshness.
  - **Processing:** Peas can be consumed fresh, frozen, or canned for extended shelf life.
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## Conclusion

Peas are a valuable vegetable crop with high nutritional value and market demand. Their cultivation contributes to food security and sustainable farming practices. Understanding proper cultivation and harvesting techniques ensures high yields and quality produce.

By expanding pea cultivation, farmers can improve their income while supplying nutritious food to consumers, supporting a sustainable and resilient food system.