

Pea

(*Pisum sativum*)

<u>Recommended Varieties</u>	<u>Disease Resistance</u>
China, snow, or sugar	
Dwarf Grey Sugar	F
Mammoth Melting Sugar	F
Cowpeas (Southern peas, blackeye peas)	
California Blackeye	
Green Garden (dwarf vines)	
Uttle Marvel	
Prograss No. 9 or Laxton's Progress	F
Greater Progress	F
Green Garden (large vines requiring support)	
Freezonian	AAS, F
Green Arrow	DM, F, VR
Maestro	M, F, VR
Snap (thick, edible pods)	
Sugar Ann (dwarf)	AAS, PM
Sweet Snap (semi-dwarf)	PM
Sugar Rae (dwarf)	PM
Sugar Daddy (stringless, dwarf)	PM
Sugar Snap	AAS

Bush peas have a shorter, earlier production period than the pole types. However, the pole types require extra work, but yield more and produce for a longer time. Peas do best when grown during cool weather; warm weather shortens the harvest season. Bush types grow in most areas of California; vine types do best when planted along the coast. It is essential to provide support for the climbing vine types. Do not use overhead irrigation; it increases the incidence of mildew.

Harvest peas when the seeds and pods are well-developed, but tender enough so they may be crushed between the fingers without separating into halves. Harvest edible pod types at the first sign of seed development. The sugar content of peas readily transfers into starch. Peas overmature quickly and starch conversion continues after picking. Therefore, cook or process (can or freeze) peas soon after shelling.

Nutritional Value of Peas

Serving size:	1/2 cup, boiled	<u>Primary Nutrients</u>	<u>%RDA(m)</u>	<u>%RDA(f)</u>	
Calories	67	Folic Acid	51 mg	26	28
Fat	0.2 g	Vitamin C	11 mg	18	18
Calories from fat	2%	Thiamine	0.21 mg	14	19
Cholesterol	0	Iron	1.24 mg	12	8
Sodium	2 mg	Magnesium	31 mg	9	11
Protein	4.3 g	Niacin	1.6 mg	8.4	11
Carbohydrate	12.5 g	Vitamin B6	0.17 mg	8.5	11
Dietary Fiber	2.2 g	Riboflavin	0.12 mg	7	9
				<u>% Min. Requirement</u>	
		Potassium	217 mg		6

Problem Diagnosis for Pea

What the Problem Looks Like	Probable Cause	Comments
Deformed pods. Surface scarring of pods	Thrips	Control weeds
Leaves, stems covered with sticky honeydew, black sooty mold	Aphids	
Holes in leaves. Black-spotted, greenish-yellow beetles present	Cucumber beetles	
Leaves skeletonized. Groups of tiny caterpillars feed together	Armyworms	
Very fine, whitish to yellowish stippling on upper leaf surface. Fine webbing on undersurface	Spider mites	
Winding white trails mined in leaves, stems, or pods.	Leafminers	

Problem Diagnosis for Pea (continued)

What the Problem Looks Like	Probable Cause	Comments
Semi-circular notches on leaf margins. Young plants may be chewed off at ground level	Pea leaf weevil adults	When plants have grown past the 6-leaf stage, treatment is not necessary
Leaves with white-purple cottony growth on undersides only. Tops of leaves have yellow blotches. Dark spots on pods; plants water-soaked.	Downy mildew Caused by a soil or seedborne fungus	
White powdery growth on top sides of leaves. Leaves curled, dried out.	Powdery mildew Caused by a fungus	Favored by warm, dry days and cool, damp nights. Remove plant debris to destroy overwintering fungus.
New growth distorted, curled, mottled. Pods distorted. Plants may die.	Virus disease Usually spread by aphids.	Plant resistant varieties. Remove and destroy infested plants as soon as possible. Control weeds. Control insects.
Yellowing of lower leaves. Stunted growth. Cross section of lower part of stem may show reddish-orange discoloration.	Fusarium wilt Caused by soilborne fungus.	Pull up, destroy Infected plants. Do not replant peas in same soil for 5 - 10 years. Rotate crops.
Plants stunted. Vines off-color. Roots rotted or absent. Occurs in patches along rows.	Root rot complex Associated with low or wet spots	Raised beds improve drainage. Rotate crops. Avoid wet soil or low areas where water collects.

Problem Diagnosis for Pea (continued)

What the Problem Looks Like	Probable Cause	Comments
Small, chlorotic spots	Stink bugs	Trap adults under boards in spring. Turn over in morning and hand pick pest insects.
Pods removed partially or entirely	Birds	
Plants stop producing peas. Leaves turn yellow, then brown, and die.	Hot weather	Peas are cool-season vegetables. Plant early. Plant heat-resistant varieties.