

Snap Peas



Snap peas are also called sugar peas or sugar snap peas. This vegetable grows in cooler seasons. Snap peas, among other types of peas grow on vines.

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Why Should I Eat This?

Snap peas are a good source of vitamin C which helps with immune function and helps heal cuts and wounds. Snap peas also contain iron which helps produce red blood cells. Vitamin K is also in snap peas, which helps with blood clotting and bone health.

Proper Storage

Snap peas can be stored in a perforated plastic bag in the crisper drawer of the refrigerator for up to two days. Gently rub under cold running water when ready to eat.

Make a Good Selection

Choose snap peas that are a bright green color all around the outer shell. The pea pods should be firm and free from blemishes.

How Could I Use This?

- Eat snap peas raw with a dip or hummus
- Try adding cut up snap peas to your soup
- Add snap peas to a stir-fry
- Top your side salad with fresh snap peas
- Snap peas can be cut and added to a side dish like a cold pasta salad
- Steam snap peas and season them to eat as a side dish

What is the Seasonal Availability of This Item?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
HARVEST				✓	✓				✓	✓	✓	
MARKET						✓	✓					



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