

Snap Peas

Nebraska Seasonal Produce Guide

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.



EXTENSION
Health & Wellbeing

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

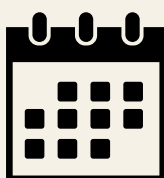
Snap peas can be stored in a perforated plastic bag in the crisper drawer of the refrigerator for up to two days. Gently rub under cold running water when ready to eat.

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

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.



Seasonal Availability in Nebraska

Harvest Season: June through August

Market Availability: June through August



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