



# Sugar Snap Peas

## Growing & Harvest Info

Sugar snap peas are easy to grow, with a very short growing season. They grow best in full sun and cool weather, but temperatures in the teens can kill them. Before spring planting, in the fall, add compost or manure to the soil. Plant seeds outdoors 4 to 6 weeks before the last frost, or when the soil is at least 45 degrees F. Plant seeds 1 inch deep and 2 inches apart. Mulch around the plants so the soil doesn't get too hot during the summer. Peas require moist soil, but do not grow well in wet soil. Add trellises for vining varieties. During the growing season, water peas if they start to wilt, but be careful not to overwater.

Sugar snap peas are ready to harvest when the pods appear swollen. It is best to harvest them in the morning, after the dew dries, because that is when they are crispiest. When harvesting, use one hand to hold the vine steady and the other to pull the pods off. Keep plants well-picked to improve productivity.

## Nutritional Benefits

*Sugar snap peas*

Source	Rating
Vitamins	EXCELLENT
Minerals	GOOD
Fiber	GOOD

## Introduction

Sugar snap peas are a cross between English peas and snow peas and were probably developed in the late 17th century. They have a crunchy, edible pod and a sweet flavor. Sugar snap peas are usually highly productive plants; peas should be harvested frequently because if left on the vine too long, they will over-ripen, leaving them tough and unusable.

## Preservation

### Storing:

- Do not wash or shell peas until ready to use.
- Before cooking, remove the tough fibrous string that runs the length of the pea.
- Sugar snap peas will keep this way for up to 3 days.

### Refrigerating:

- Store peas in an airtight plastic bag in the refrigerator. Sugar snap pea taste best immediately after harvesting, so try to eat them as you pick them.
- Sugar snap pea will keep this way for up to 1 week.

### Freezing:

- Remove the tops and strings of the pods.
- Cut into 1-2 inch pieces. You can leave them whole but cutting into pieces helps preserve the texture.
- Put in an airtight bag or container and store in the freezer. Sugar snap will keep this way for up to 1 year.

Vegetable state	Use by
Raw	3 days
Refrigerated	1 week
Frozen	1 year



# Sugar Snap Peas

*Peas are a good low calorie source of protein. About 3/4 cup of peas contains more protein than a whole egg or a tablespoon of peanut butter!*

## Prepare sugar snap peas like this:

Raw  
Sautéed  
Steamed  
Grilled  
Roasted

## Try sugar snap peas in:

Pastas  
Stir-Fries  
Salads  
Soups  
Casseroles

## Recipe 1: Spring Pea Medley

### Ingredients

- 1 cup sugar snap peas
- 1 cup green peas
- 1 sweet onion, diced
- 1/2 cup vegetable broth
- 1 tbsp chopped parsley
- 2 tbsp butter
- salt and pepper, to taste

### Directions

- In a medium-sized skillet, melt the butter over medium-low heat. Add the onion and sauté until transparent, about 5 minutes. Stir in the green peas and broth, and cook for another 3 minutes.
- Add the snap peas and parsley, and season to taste with salt and pepper.
- Cover and cook for another 3 minutes.

## Recipe 2: Sugar Snap Peas with Mint

### Ingredients

- 3/4 lb sugar snap peas
- 3 green onions, chopped
- 1 clove garlic, chopped
- 1/8 tsp salt
- 2 tsp olive oil
- 1/8 tsp pepper
- 1 tbsp fresh mint, chopped

### Directions

- Heat oil in a large skillet over medium heat. Add the sugar snap peas, green onion, and garlic. Season with salt and pepper. Stir-fry for 4 minutes, then remove from heat and stir in the mint leaves.