

Harvest of the Month

Snap Peas



FUN FACTS:

Snap peas are also known as sugar snap peas.

In 1979, the first new snap pea was released under the name 'Sugar Snap' ~ a cross between snow peas and English green peas.

The snap pea is crunchy and sweet, and can be eaten in its entirety. They are most often eaten raw, sautéed or stir fried.

Although stringless varieties are available, most snap peas need to have the stringy seams removed before eating.

This institution is an equal opportunity provider.

