

SUGAR SNAP PEAS

FAST FACTS

- The sugar snap pea is a cross between the English pea and the snow pea
- Its pod is curved and smaller than the English pea pod
- You can eat the entire pod along with the peas inside – they have a sweet taste!
- Sugar snap peas are most flavorful when cooked briefly, but they are also tasty raw



IMPORTANT NUTRIENTS

- **Fiber** – good for your gut and heart
- **Vitamin K** – helps your blood clot
- **Vitamin B1** – good for growth and development
- **Vitamin C** – helps with wound healing
- **Folic acid** – involved in new cell creation
- **Potassium** – needed for muscle contraction

SELECTION & STORAGE

Choose peas that are bright green, firm, and free from blemishes.

Store peas whole in the crisper section of the refrigerator in a perforated bag. For the sweetest flavor, eat sugar snap peas as soon as possible after they are purchased.

IDEAS FOR SERVING

- Enjoy raw sugar snap peas as an on-the-go snack
- Put them on a sandwich or in a salad for some extra crunch
- Add steamed or sauteed sugar snap peas to your favorite stir-fry

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ACTIVITIES

Five Senses Fun!

Use your five senses to describe how sugar snap peas look, feel, taste, sound, and smell.

Write a Recipe

Write a new recipe that includes sugar snap peas as the main ingredient.

Compare & Contrast

Make a list of similarities and a list of differences between the sugar snap pea and another pea variety. Are there more similarities or differences?

Poetry

Write a poem about the health benefits of sugar snap peas. Share with the class!

Veggie Math

Lets count! Open one of your sugar snap pea pods and count the number of peas inside. Try another! Do both pods have the same number of peas?

Watch a Video

Find and watch a video online that shows how sugar snap pea are grown, harvested, and distributed in the United States.

CHECK FOR UNDERSTANDING

What are the names of the pea varieties crossed to grow sugar snap peas?

Why is eating sugar snap peas good for your health?

What should you look for when selecting sugar snap peas at the store?

What is your favorite way to eat sugar snap peas?

REFERENCES

Have a Plant. Fruits and Vegetables for Better Health. <https://fruitsandveggies.org/fruits-and-veggies/sugar-snap-peas-nutrition-selection-storage/>

USDA Snap-Ed Connection. Seasonal Produce Guide. <https://snaped.fns.usda.gov/seasonal-produce-guide/peas>

Fantastic Fun and Learning. Veggie Math Game. <https://www.fantasticfunandlearning.com/vegetable-math-game.html>