



SUGAR SNAP PEAS

Description/Taste

Sugar Snap Peas are a group of edible podded peas that were developed by breeding a Chinese snow pea with a mutant pea plant. The result is a snappy sweet pea with thicker walls and plump pods.

Seasons/Availability

Sugar Snap Peas are available February through May.

Nutritional Value

Sugar snap peas provide an excellent source of protein.

