



Sugar Snap Peas

What is it?

A flavorful vegetable that is a cross between snow peas and garden peas. The Sugar Snap Peas are eaten in the pods and do not require shelling. As the peas mature, the pod increases in size creating an irregular or lumpy appearance to the pod.

What does it taste like?

Sugar snap peas have a similar flavor to classic snow or garden peas but have a stronger taste to them. As the name describes, there is a higher sugar content in sugar snap peas making them much sweeter than other pea varieties. They also tend to have a more crisp, crunchy texture.

What to do with it?

Sugar snap peas are a great addition to various salads. They can also be fried, stir-fried, or steamed and mixed with ornamental vegetables as a great way to boost your vegetable intake. They can be roasted with olive oil, lightly sauteed with garlic, or steamed as a side dish. Make sure not to overcook these legumes or you will get limp peas which lose their crispness.

How to store it?

Refrigerated in a plastic bag or glass container they should last at least about a week to ten days. If you won't get around to eating them right away, peas are very easy to freeze. Blanch in boiling water for 1 minute, followed by an ice bath. Drain them and place in a Ziplock bag in the freezer.