



Sugar Snap Peas

Sugar Snap Peas are a cross between snow peas and garden peas. They were developed in 1979. The vines are tall, growing about 6' or more. At maturity, the pods grow to around 4-8 cm in length, Pods contain three to eight peas per pod. The whole pod is eaten and has a crunchy texture and has a very sweet flavor. This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Riboflavin, Vitamin B6, Pantothenic Acid, Magnesium, Phosphorus and Potassium, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Thiamin, Folate, Iron and Manganese.