Sugar Snap Pea

What am I?

Sugar snap peas are a vegetable that belong to the legume family, vegetables that contain pods. However, their nutrition is more similar to starchy vegetables, so they are considered part of this vegetable group.

How do I grow?

- Sugar snap peas are not grown in Wisconsin.
- Sugar snap peas varieties are either bush-like or vine-like. They need support to climb up in their growth.

Nutrition Facts

Sugar snap peas are rich in fiber, vitamin C, vitamin A, and folate. They even contain a little protein. They make for a great snack or addition to stir-fry.

Fun Facts

- Christopher Columbus planted peas in the Americas in 1492.
- Green pea pods are not edible and only their soft seeds are consumed. Edible-pod peas include snow peas and sugar snap peas.

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