



Peas

Planting from Seed

When to start seeds indoors: 6-8 weeks before spring frost date

Earliest date to transplant hardened off seedlings:

3-4 weeks before spring frost date

Days of Germination: 9-13 days (in optimal conditions)

Planting in the Garden

Recommended garden type and method: Direct sow into container, raised beds, hydroponic, strawbale, field grown, hoop house. Prefer cool weather and trellis.

Spacing: 2" apart, rows 18"- 36" apart

Planting depth: 1"

Companion plants: carrots, corn, cabbage

Harvesting

1 seed = 4 oz. snap peas, 5 oz. snow peas, 2 oz. shelled green peas

Days to Harvest: 41-70 days, depending on variety

Directions: Harvest snap peas when pods are 2-3" long, plump, and bright green by pinching off the stem. Harvest snow peas when the pods start to show bumps from seeds inside. Harvest green peas when pods are round and cylindrical. Plants can be brittle and break during harvest; use scissors to cut off pods if needed. Plant will continue to produce. Hydrocool within 1-2 hours of harvest by submerging in very cold water. Store at 45° in ventilated package.

Use in the Kitchen

Vegetable subgroup: Starchy (green peas), Other (snap or snow)

Preparation: Wash, destem snap or snow peas; snap off stem end and peel along seam

Menu Planning Ideas: Steam, add to pasta or stir fry

Suggested Flavor Enhancers: Lemon, garlic, black pepper, mint



The Lifecycle of Farm to School

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