



Know What You Grow!



Snap Peas

Scientific Name:

Pisum sativum var. *macrocarpum*

Recommended Varieties:

- Sugar Ann (dwarf) (AAS, PM)
- Sweet Snap (semidwarf) (PM)
- Sugar Rae (dwarf) (PM)
- Sugar Daddy (stringless, dwarf) (PM)
- Sugar Snap (AAS)
- Sugar Super Mel

Common Pest: Aphids

Check your plants regularly for aphids—at least twice a week when plants are growing rapidly—to catch infestations early, so you can knock or hose them off or prune them out.

[UCIPM](#)

Growing Information

Cool Season Plant

Peas do best when grown during cool weather; warm weather shortens the harvest.

Ideal Planting Window

Inland Valleys: September-January

Desert: September-October

Growing Guidance

Soak seeds overnight in water before planting. Choose a site in full sun with good air circulation. Do not use overhead irrigation as this increases the incidence of mildew. Provide support in advance for tendrils to grow around. Successive plantings several days apart will lengthen the growing season. Harvest the edible pods at the first sign of seed development.

Resources: Master Gardener Handbook, 2015; Sunset Best Western Garden Book, 2012



Interesting Facts

- Peas are one of the oldest crops and have been eaten by humans for over 9,000 years!
- Snap and snow peas are both members of the legume family.
- Technically, they are two different varieties of the same species. Snap peas are a cross between snow peas and garden peas.
- **Mange tout** is French for "eat everything" and that is what you can do with these edible podded peas.
- The **snap pea**, also known as the **sugar snap pea**, is an edible-pod pea with rounded pods and thick pod walls. This contrasts with **snow pea** pods, which are flat with thin walls.
- Sugar snap peas get their name from their sweet flavor and the "snappy" crunch they make in your mouth!
- Peas are great plants for gardens because they take nitrogen from the air and fix it into the soil. This helps future plants grow!

[Wikipedia](#)

[Google-Know Your Vegetables](#)

Nutritional Information

Nutritional Value

Sugar snap peas are rich in quality protein, vitamin A and vitamin C, and are a good source of fiber and thiamin. A 3.5 ounce serving is 42 calories and contains 7.5 grams of carbohydrates.

Healthline.com



The sugar content of peas converts into starch and peas can overmature quickly. Refrigerate or freeze edible pea pods immediately after harvest.

Recipe: Stir Fry

Ingredients

- 3 cups raw vegetables, cut into bite size pieces (Sugar snap peas, carrots, red peppers, broccoli, or anything else you can think of!)
- 1 small onion, chopped
- 1 Tablespoon vegetable oil
- 1 clove garlic, minced
- 1/4 cup water
- Salt, pepper, or low-sodium soy sauce to taste

Prepare

1. Prepare vegetables. Set aside.
2. Heat oil in skillet over medium heat. Stir in onion and cook just until it is limp.
3. Stir in rest of vegetables. Add water, cover, and cook 2 to 4 minutes until vegetables are just tender.
4. Season with salt, pepper, or soy sauce if desired.
5. Serve immediately and enjoy!

Recipe: [Grow Happy Kids](#)

Contact Information



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