

# Snow Peas



## Fun Facts

Snow Peas, along with Sugar Snap Peas, are known for their edible seed pods. They have a pale green color pod and contain petite, flattened peas inside. Snow peas are wider and flatter than other podded peas. They are used in many oriental dishes but are quickly becoming a favorite “quick” snack to crunch on raw. They are technically grown like a fruit but are labeled and considered a vegetable. Snow peas offer protein, carbohydrates, dietary fiber, vitamin C and K, potassium, magnesium and iron. Snow peas are also higher in vitamin C than other types of peas. They are available year-round but peak season is Spring through Early Summer. The Snow Pea is the earliest cultivated pea, dating back to 9750 BC!

## COLOR ME GREEN!

