

Pick a **better snack**™



Sugar snap peas are often eaten fresh because of their sweet taste and satisfying crunch. Find peas that are firm and free of blemishes.

Sugar Snap Peas

Sugar snap peas grow in Iowa. They are the fruit of the plant, but because of their taste and how they're used, we call them vegetables.

The exact origin of sugar snap peas is unknown, but they likely originated in Asia. The sugar snap peas we eat today were developed in the '60s by crossing snow peas with green peas.

Sugar snap peas are climbing plants and need a support system, such as a trellis, while they grow. The plant can grow as tall as 6 feet high!



NUTRITION FACTS

HIGH IN VITAMIN C
GOOD SOURCE OF VITAMIN K
LOW IN CALORIES

VARIETIES

There are a lot of different varieties of sugar snap pea available. The most common are Sugar Ann and Sugar Snap. The only heirloom variety is Amish Snap.

USES

Sugar snap peas taste best eaten right away. Store in the refrigerator if needed. They have edible pods. Eat them fresh, with your favorite dip, steamed or stir-fried.

