



# 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.

