
Selection

Snow peas are meant to be harvested as flat, tender pods before the peas inside develop at all.

Snow peas are just early harvested sugar snap peas.

Look for snow peas with light green pods and avoid any yellowing pods.



Care and Storage

- ♦ Snow peas can remain in the refrigerator for up to two weeks.
- ♦ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- ♦ Keep peas in a plastic bag in the refrigerator or in the vegetable drawer to prevent from deteriorating.
- ♦ Before eating, rinse the pods under cool running water to remove dirt or other debris; pat dry with a clean towel.

Why Buy Local?

- ♦ Fresh fruits and vegetables are more flavorful, more nutritious and keeps more of its vitamins and minerals than processed foods.
- ♦ What you spend supports the family farms who are your neighbors.
- ♦ Buying local lets you see and meet the people who produce our food.
- ♦ The money you spend encourages sustainable and environmentally-friendly agricultural practices.



University of Wisconsin-Extension

FOR MORE INFORMATION...

Contact your local Extension office:

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Snow Peas

Guisantes de nieve

Uses

The entire pod can be eaten. Snow pea pods can be stir-fried, steamed or mixed with oriental vegetables or meat dishes.

Snow peas, like sugar snap peas are great eaten raw, added to salads or dipped in dressing.



Snow Peas with Toasted Sesame Seeds

Nutrition Facts

- ♦ Fat free
- ♦ Cholesterol free
- ♦ Good source of Fiber
- ♦ Good source of Iron
- ♦ Good source of Vitamin C

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Primary Source: University of Illinois-Extension: Photos found on Google Images

Try It!

Snow Peas with Toasted Sesame Seeds

INGREDIENTS

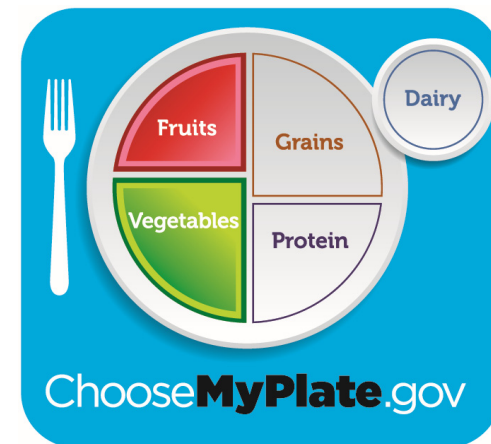
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|-----------|---|
| 1 Tbsp. | Peanut oil |
| 3 | Baby portabella mushrooms, sliced about a 1/2 cup |
| 2 cup | Fresh snow peas |
| 1 tsp. | Soy sauce |
| 1—2 Tbsp. | Toasted sesame seed |

INSTRUCTIONS

1. Wash and string peas, slice mushrooms. Measure soy sauce and sesame seeds and set aside
2. Heat oil in a wok or large skillet over medium-high heat.
3. Add mushrooms and stir-fry until lightly browned.
4. Add peas and stir-fry until crisp-tender, about 2 minutes.
5. Stir in soy sauce.
6. Cover and cook 1 minute longer.
7. Sprinkle with sesame seed and serve.

Yields 4 servings

Recipe Source: University of Illinois—Extension



History & Fun Facts

Snow peas originated in the Mediterranean and were grown widely in England and Europe in the nineteenth century.

Snow peas were called English sugar peas or mange tout in France.

The Chinese adopted these peas into their own cuisine from the English, and they have been known as Chinese snow peas ever since. Their Mandarin name is “he lan do” or Holland pea.