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## Selection

When selecting sugar snap peas be sure that the pods are firm and glossy with a velvety soft feel. The peas inside should be big enough that it looks like they will burst from the pod, the peas should not rattle loosely. The pods should not be dull, yellowed or heavily speckled.



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## Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
  - ◆ Keep sugar snap peas cold as this slows the sugar conversion down, but be sure to use them soon.
  - ◆ Sugar snap peas can be blanched and frozen for future use.
  - ◆ Sugar snap peas are best if eaten right after harvesting.
  - ◆ Keep produce and meats away from each other in the refrigerator.
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## Why Buy Local?

- ◆ When buying local from a farmers market you are helping your town/villages economy by spending your money with local businesses.
  - ◆ You are making a healthy choice for you and your family
  - ◆ Buying local lets you see and meet the people who produce our food.
  - ◆ What you spend supports the family farms who are your neighbors.
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### FOR MORE INFORMATION...

Contact your local Extension office:

Polk County UW-Extension  
100 Polk County Plaza, Suite 190  
Balsam Lake, WI 54810  
(715)485-8600  
<http://polk.uwex.edu>

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## Sugar Snap Peas Guisantes

## Uses

Sugar snap peas can be left whole and served with your favorite dip. Or remove the peas from the pods and puree the peas, adding the puree to a dip or soup.

The whole pea and pod can be used in salads or they can replace snow peas in oriental dishes.



Sugar Snap Peas w/Lemon, Garlic & Basil

## Nutrition Facts

- ♦ Cholesterol free
- ♦ Low in Sodium
- ♦ Good source of Thiamin
- ♦ Good source of Vitamin A and Vitamin C
- ♦ Good source of Protein

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Primary Sources: West Virginia University-Extension Service; Photos found on Google Images

## Try It!

### Sugar Snap Peas w/ Lemon, Garlic & Basil

#### INGREDIENTS

1 tsp.	Salt
4 cups	Loosely packed sugar snap pea pods (about 1 lb.)
<b>Seasoning</b>	
2 Tbsp.	Olive oil
1 Tbsp.	Lemon juice
	Zest of 1 medium lemon
1	Medium garlic clove, minced
8	Basil leaves chopped fine
1/2 tsp.	Salt
	Ground black pepper

#### INSTRUCTIONS

1. Bring 6 cups of water to a brisk boil in 3-4 quart saucepan. Add salt and peas and cook until crisp-tender, 1 1/2-2 minutes, depending on size of peas.
2. Drain peas, shock in ice water, drain again and pat dry. Peas can be set aside for up to one hour.

To make the seasoning:

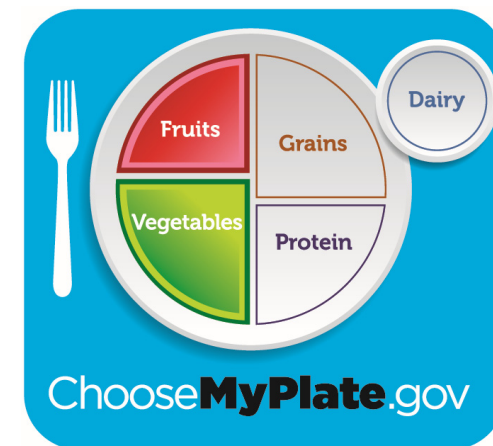
1. Heat oil over medium heat in medium sauté pan.
2. Add zest and garlic; sauté until garlic is soft but not browned, about 2 minutes.
3. Add peas, lemon juice, and basil to combine.
4. Cook until just heated through, 1-1.5

minutes.

5. Season with salt and pepper to taste. Serve immediately.

Yield: 6 servings

Recipe Source: [www.recipesource.com](http://www.recipesource.com)



## History & Fun Facts

Archeologists have found peas in ancient Egyptian tombs. The ancient Greeks and Romans ate dried peas. In fact, Europeans ate only dried peas until the Italian Renaissance, when the Italians developed *piselli novelli*, a type of pea eaten unripe and fresh.

Fresh peas were commonly served during the Lenten season in France and England as early as the 16th Century. Edible pea pods, also called *Mangetout* (eat all) were first developed by the Dutch and English in the early 17th century. Sugar snap peas did not become commonly available until the 1970s.