

— SNOW PEAS —

What are they?

- Snow peas are similar to sugar snap peas, except they are flat and thin.
- They were first cultivated in Holland, but they were developed by Dutch farmers in 1563.
- Snow peas were then adopted by China and Japan to be used in many Asian cuisines.



When are they available?

- Snow peas are in peak season during the spring, but then again in the fall.
- The peas grow on large bushy vines, and need to be picked off multiple times throughout the growing season.
- One reason why snow peas got their name is because they can survive the frost and cold temperatures.

What's so cool about them?

- There are many ways to eat them. You can enjoy them raw, sautéed with other veggies, in a stir-fry, or in a salad.
- They are named "*mangetout*" in France because you can eat the entire pod. They have a sweet taste and a nice crisp texture.
- They contain natural sugars which is why they have that sweet taste.



Why should I eat them?

- Snow peas offer a lot of fiber, because the entire pod can be eaten, which is important for digestive health.
- They also offer many vitamins such as Vitamin A and Vitamin C, which will help build a healthy immune system.
- They are low in sodium which can help prevent high blood pressure and other heart diseases.

