



# Produce of the Month

## Sugar Snap Peas



### Nutritional Information

- Sugar snap peas contain iron, magnesium, phosphorus, and potassium.
- A serving of sugar snap peas provides about 20% of the iron men need daily and about 10% of the iron that women need each day.
- They are a great source of Vitamin K and Vitamin B6 – and both help build and keep strong bones.

### Selecting, Storing, Preparing

- Choose: Select sugar snap peas that have plump, crisp, and glossy pods and are medium to dark green.
- Avoid: limp or damp looking pods or snap peas that are dry along the seam.
- At home storage: can be kept in the refrigerator for 2-3 days or can be frozen for later use.
  - The longer you keep sugar snap peas in the fridge, the less crisp and sweet they will be.

### Fun Facts

- Cousin of the garden pea, sugar snap peas thrive in cooler soils.
- Sugar snap peas were developed in 1979.
- Edible-pod peas have fibers that run in one direction, which allows for the pods to be easily chewed!

### Recipes/Ideas

- Sugar snap peas can be used in salads, pastas, and stir-fry to infuse refreshing flavors into dishes.
- Sugar snap peas can be blanched in boiling water before stir frying, quick boiled and tossed with butter and herbs, or sautéed with meat.
- Snap peas pair great with artichokes, lettuce, salmon, scallops, and shrimp.

For more ideas:

[http://www.harvesttotable.com/2007/04/sugar\\_snap\\_pea\\_the/](http://www.harvesttotable.com/2007/04/sugar_snap_pea_the/)

[http://www.freshforkids.com.au/veg\\_pages/pea/pea.html](http://www.freshforkids.com.au/veg_pages/pea/pea.html)

<http://95210.townofmanchester.org/>

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9 Hours of Sleep – 5 Servings of Fruits & Vegetables – 2 Hours or less of Screen Time – 1 Hour of Physical Activity – 0 Sugary Beverages

**Manchester's Message for a Healthier You**