



# Snap Peas

*Pisum sativum*

## Nutrition Facts

- One cup of fresh snap peas contains almost 98% of the daily needed amount of Vitamin C.
- Snap peas are an excellent vegetable source of fiber.
- Calcium and iron can both be found in snap peas.

## Planting

Plant 3/15-4/10 or 7/25-8/5  
(Guidelines for planting in raised beds)

Plant seeds 3-4" apart in rows that are 3-6" apart.

## Care

**Seeds:** Water regularly with a gentle spray. Keep the soil moist so that the seeds will germinate.

**Young seedlings:** After germination, thin the seedlings so that they are 4" apart. Water when top 1 inch of soil dries out. Mulch plants with cotton burr compost or straw to keep the soil moist. Schoolyard Garden snap pea varieties will grow about 1.5 feet in height. Other varieties do grow higher and could need a trellis.

## Harvest & Storage

Snap peas are ready to harvest once they are 1.5-2" in length. They come off the plant easily by pinching just above the pod.

Snap peas planted in the spring will dry out as temperatures heat up, around mid- June. Make sure to harvest your snap peas before this point. Store snap peas in the refrigerator for up to one week.

## Recipe

\*Wash all vegetables before using\*

### Lemon Garlic Peas

2 cups snap peas  
2 tablespoons olive oil  
Zest of 1 medium lemon, sliced very finely  
1 tablespoon lemon juice  
1 medium garlic clove, minced  
6-8 fresh basil leaves, finely chopped  
1/2 teaspoon salt

1/2 teaspoon ground black pepper  
Heat oil over medium heat in medium sauté pan. Add zest and garlic; sauté until garlic is soft but not browned. Add peas, lemon juice and basil. Toss to combine. Cook until just heated through, 1 to 1.5 minutes. Season with salt and pepper to taste.



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