



## Fresh Fruit and Vegetable Program

# SNOW PEAS



Vegetable Focus of the Month: December



Snow peas are in season during December in warm climates!

## FUN FACTS

- Why are they called snow peas? Many say it's because they grow very early in the spring—even if it snows!
- Snow peas are shiny and flat, with very small peas that you can barely see through the pod. Open up a snow pea and you will find the hidden peas inside.
- Snow peas can be eaten whole—pod, peas, and all!
- Snow peas give our bodies Vitamin C, which helps keep us from getting sick and calcium, which keeps our bones healthy.

## THE 3 TYPES OF PEAS

There are three different types of peas.



### Sugar Snap Peas

These are sweet and crunchy. They can be eaten whole.



### English Peas

The pod is too tough to eat, so we can only eat the peas that are inside the pod.



### Snow Peas

These are crunchy with a mild flavor. They can be eaten whole.

## PEA TRIVIA

Which kind of pea **cannot** be eaten whole?

- A.) Sugar snap peas
- B.) Snow peas
- C.) English peas



Answer: English peas