



Harvest of the Month

Snap Peas

Nutrition Information

- They are a good source of vitamin C.
- Snap peas provide vitamin A, and vitamin B9 (Folate).
- Snap peas contain fiber.

Selection and Storage

- Choose snap peas that are bright green, firm, and crisp.
- Avoid peas that are yellowing, wilted, slimy, or have brown spots.
- Store unwashed snap peas in the refrigerator's crisper drawer.
- Keep them in a breathable bag or container to maintain freshness.
- Use within 3–5 days for best quality.

Fun Facts

- Snap peas are eaten whole, including the pod!
- Snap peas are a cross between garden peas and snow peas.
- Pea plants help improve soil health.
- Snap peas are harvested when the peas inside are just beginning to develop.
- Washington State is one of the nation's most important states for pea production.
- Peas are one of the oldest cultivated vegetables in the world.
- Snap peas are a cool-season crop.



Recipes*

- [Chicken or Turkey Vegetable Soup](#) – ICN Recipe Box
- [Chicken or Turkey à la King](#) – ICN Recipe Box
- [Ground Turkey Wraps or Pinwheels](#) – ICN Recipe Box
- [Vegetable Red Thai Curry with Rice](#) – Vermont FEED
- [Sesame Noodles with Chicken & Vegetables](#) – Vermont FEED

*As a reminder, the sponsor is responsible for ensuring standardized recipes and menus meet meal pattern requirements.



While there aren't many credible recipes available that specifically incorporate snap peas, they are commonly used in stir-fries, salads, pasta dishes, grain bowls, soups, and as fresh vegetable sides or snacks. You can craft or modify your own snap pea-based recipe, just ensure its credibility by utilizing the USDA Recipe Analysis Workbook (RAW).

Educational Resources

- [Kids in the Kitchen Sugar Snap Peas Activity](#) – Harvest for Healthy Kids
- [Sugar Snap Peas Activity](#) – Growing Minds
- [Peas: Kids Coloring Activities](#) – Food Hero

Sourcing

- Use the [Washington Food and Farm Finder](#) to find snap peas and other seasonal foods from local producers. Check out the WSDA Finding Farms webpage for other resources.
- If snap peas aren't available in your area: Substitute other locally grown spring items in season, such as snow peas, shelling peas, or asparagus.
- Contact OSPI at farmtocnp@k12.wa.us or WSDA at farmtoschool@agr.wa.gov for support finding Harvest of the Month foods.

HOM are suggestions for what our sponsors can showcase. However, please look at these other [Harvest of the Month Materials](#) to see if another item better fits the needs of your organization.

For more ideas about what items you could feature as a Harvest of the Month, refer to WSDA's Washington State seasonality charts:

- [Vegetables & Legumes](#) | [Vegetales y Legumbres](#)
- [Fruits & Herbs](#) | [Frutas y Hierbas](#)