



## 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.
- Snap peas are part of the “other vegetables” subgroup in the USDA National School Lunch Program (NSLP).

### 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 Pot Pie](#) – ICN Recipe Box
- [Fried Rice](#) – ICN Recipe Box
- [Orzo Pasta With Green Peas](#) – ICN Recipe Box
- [Beef Vegetable Soup](#) – ICN Recipe Box
- [Orange Rice Pilaf](#) – ICN Recipe Box



\*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

- [Snap Peas Seed Packet Activity](#) – Food Hero
- [Pea Lesson Plan for Schools and Adults](#) – SNAP-Ed. South Dakota State University Extension
- Snap Peas [Lesson Plan](#), [Handout](#) – Arizona Department of Education

## 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](mailto:farmtocnp@k12.wa.us) or WSDA at [farmtoschool@agr.wa.gov](mailto: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](#)

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