Selecting, Storing, and Serving Ohio Sugar Snap Peas

Sugar snap peas (also called snow peas) add color, texture, and variety to meals. They can be used in a variety of ways. Sugar snap peas are a cool weather crop available in June and July.

For information on sugar snap pea varieties in Ohio, contact your county Extension educator, Agriculture and Natural Resources.

Selection
- Select bright green, flat, tender pods.
- Avoid pods with decay.
- If peas are developed, use as for green peas.

Storage
- Store sugar snap peas in vegetable crisper up to 1–3 days.
- Sugar snap peas are suitable for freezing, but not canning.
- Frozen peas keep well up to one year.

Yield
Due to the many variables including moisture content, size, and variety, it is impossible to give specific recommendations as to quantity to buy. A pound of snap peas equals about 15 pods or 1 cup.

Nutrition
The “Dietary Guidelines for Americans” recommend that adults need 2–2½ cups of a variety of vegetables daily. Snap peas are nutritionally comparable to regular peas and contain Vitamins A and C, B vitamins, minerals, and a good amount of fiber. They have antioxidants that help prevent cancer and heart disease. One cup of snap peas equals 45 calories.

Safe Handling
Clean surfaces, utensils, and hands after touching raw meat and poultry and before you use them on fresh produce. Wash just before using. To remove dirt, wash vegetables thoroughly in cold water. Drain and rinse several times with cold water. Do not use soap, detergent, or bleach as they can be absorbed. Lift vegetables from water to prevent redepositing of dirt and residues.

Serving
- Preparation—Sugar snap peas have strings that must be removed before eating. To do this, pinch the very tip of the pea, getting hold of the string. Pull the string up the straightest side toward the stem end; pinch off the stem end and continue
pulling the string until there is no more. Eat them whole or eat pods and peas separately.

- **Raw**—Uncooked sugar snap peas make scrumptious additions to ordinary dishes. Snap them like green beans, or slice them lengthwise or in chunks for salads. Use whole as dippers or fill the crisp pods as you would fill celery sticks.

- **Cooking**—Sugar snap peas require very little cooking whether in fresh or frozen state. Two minutes at a simmer is adequate. If overcooked the pods soften and the flavor is destroyed. Season to taste and serve as a garnish or accompaniment to meat, poultry, or fish. For best flavor they should be added to cooked dishes just before serving. Toss into soups, stews, and spaghetti sauce.

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