

# Sugar Snap Peas

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The sugar snap pea (*Pisum sativum* var. macrocarpon) is a member of the bean family. Sugar snap peas are like snow peas in that we eat the entire pod. Sugar snap peas are a cool-season vegetable and can tolerate light frosts, even when the plants are small. Most cultivars are climbing vines and need a trellis for support. In seed catalogs, they are described as tall climbers.

## 🌱 Grow it

### Varieties

- These varieties are best for Texas. They are listed by variety and the required number of days from planting to maturity.
  - 'Cascadia' (60 days)
  - 'Premium' (51 days)
  - 'Sugar Ann' (60 days)
  - 'Sugar Bob' (55 days)
  - 'Super Sugar Snap' (65 days)
- Amish Snap is an heirloom variety that requires 60 days from planting to maturity.

### Soil Preparation

- Work the soil when it is dry enough that it does not stick to garden tools.
- Till the soil 8 to 10 inches deep and rake it several times to break up the large dirt clods.
- Incorporate a layer of organic matter into the soil.
- Work the soil into beds 8 inches high and 18 to 24 inches apart.

### Planting

- In the spring, plant sugar snap peas as soon as you can prepare the soil.



- In the fall, plant sugar snap peas in the last 8 to 10 weeks before the first expected frost.
- Plant the seeds 1 to 1½ inches deep and 1 inch apart in the row.

### Care During the Season

- If a light frost is expected, cover seedlings to protect them.

### Watering

- Do not let the soil dry out, but do not overwater.
- You may need to irrigate once a week if no rain has fallen.

### Diseases

- If something does not look right with your plant, contact your county Extension agent for more information.

### Harvesting

- Peas should be ready to harvest 5 to 7 days after flowering.
- Harvest when the pods have reached 2 to 3 inches in length.
- Pick the peas at least every other day to ensure that the pods are sweet and free of fibers.



full sun



well-drained soil

continued ➡

## Buy it

- Sugar snap peas should be free of blemishes with bright green, firm skin.

## Store it

- Serve peas as soon as possible after buying them. Peas can be stored in the shell in the refrigerator's crisper drawer in a perforated plastic bag for up to 2 days.

## Use it

### Soba Noodle and Snap Pea Salad

Course: Main Dish, Side Dish

Serves: 10

#### Ingredients

##### Salad

8 oz soba noodles  
2 cups sugar snap peas, cut in half  
½ cup carrots, shredded  
½ cup cabbage, shredded  
1 small bell pepper, diced  
2 tsp shallots, minced

##### Dressing

2 Tbsp olive oil  
2 Tbsp low-sodium soy sauce  
1 Tbsp rice vinegar (substitute white vinegar)  
1 tsp sesame oil

#### Instructions

Bring 4 cups of water to a boil. Add the soba noodles and cook for 4 min. In the last 30 seconds of cooking, add the snap peas. Drain and rinse the noodle and pea mixture in cool water.

Place the noodles and peas in a large bowl and add the carrots, cabbage, pepper, and shallots.

Whisk together all the ingredients for the dressing and pour over salad. Refrigerate for at least 1 hour.

*Recipe Notes:*

*Recipe adapted from Diabetes Forecast Magazine*

### Mint Sugar Snap Peas

Course: Side Dish

Serves: 4

#### Ingredients

2 tsp olive oil  
1 lb fresh sugar snap peas, strings removed  
1 Tbsp fresh mint leaves, chopped  
1 Tbsp fresh lemon juice

#### Instructions

Wash your hands and clean your cooking area.

Wash sugar snap peas and remove strings.

Heat skillet to medium-high heat. Add olive oil.

Add the snap peas to the skillet and sauté until barely tender (about 8 to 10 min.).

Remove from heat and stir in mint.

Drizzle lemon juice on top. Toss lightly.

## Learn about it

- Sugar snap peas are a good source of Vitamin K and an excellent source of Vitamin C.

*Information gathered by Aggie Horticulture*

