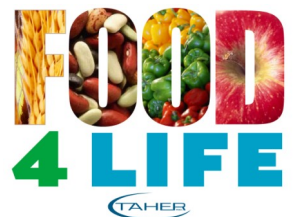


SNAP PEAS

History/Origin

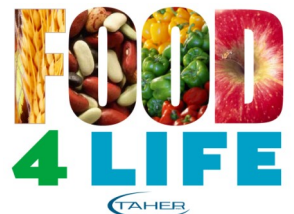
- ☆ Peas have been **used in the dry form** since ancient times.
- ☆ It wasn't until the **16th century** that more tender varieties of peas were developed and eaten fresh.
- ☆ In 1970, the snap pea was **developed in the U.S.A.** by Dr. Calvin Lamborn, a plant scientist working with the Gallatin Valley Seed Co.
- ☆ **It took a decade to perfect!** In 1979, the 'Sugar Snap' won a Gold Medal for its introducers, Gallatin Valley Seed Co.





Botanical

- ☆ Snaps peas have **edible pods** ~ no need to shell them prior to eating or cooking.
- ☆ The French called them *mange-tout*, translated as “eat the whole thing.”
- ☆ When ready to eat, they **snap like green beans**.
- ☆ Snap peas are a **cross between** an English pea and a snow pea.
- ☆ You will most likely see them called ‘**sugar snap peas**’ at the grocery store.



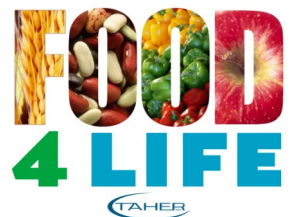


Nutrition

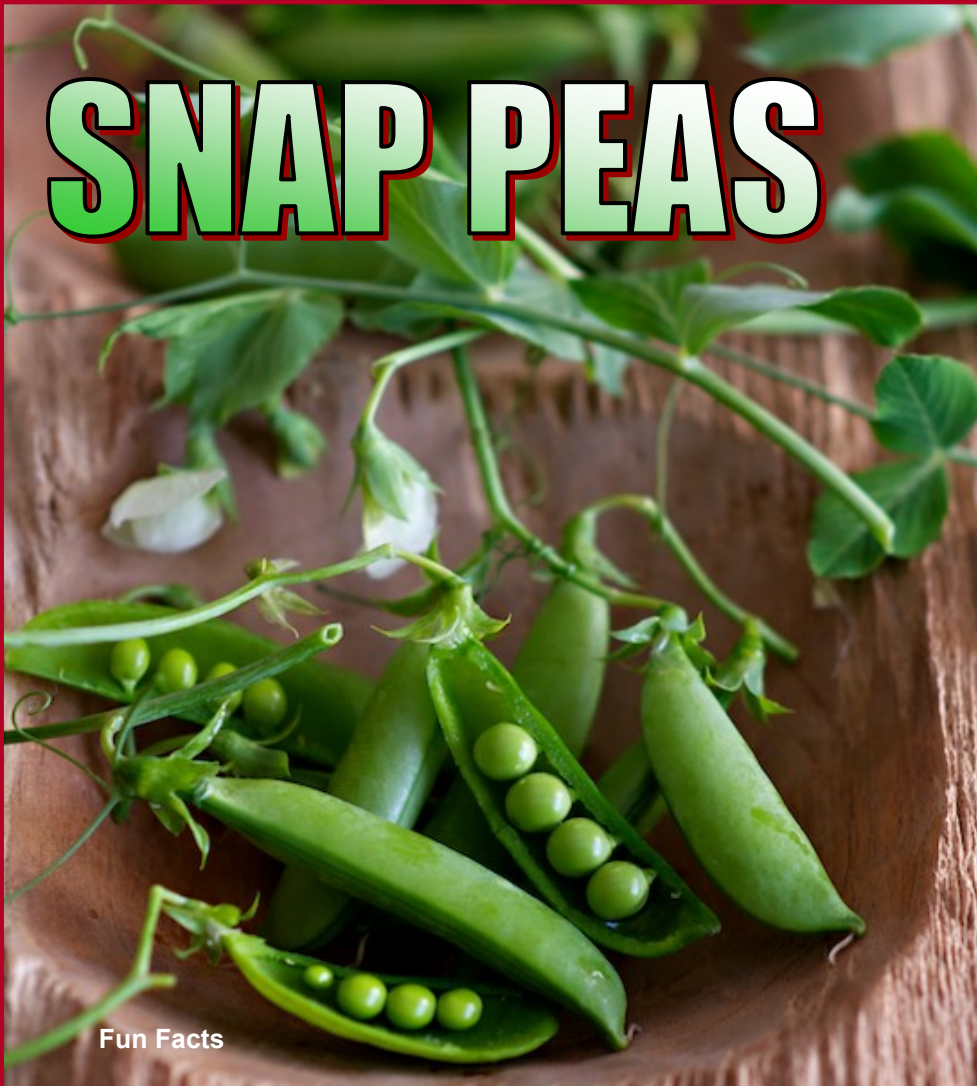
SNAP PEAS

Snap peas are packed full of nutrients!

- ☆ They're delicious **raw, steamed or stir-fried**—and you can eat them pod and all!
- ☆ **Rich in minerals** ~ especially iron, magnesium and calcium, they are good for the bones!
- ☆ **Loaded with vitamins** ~ especially Vitamin C, they help boost the immune system and prevent chronic disease.
- ☆ They have **no cholesterol or fat.**



SNAP PEAS



Fun Facts

*“How luscious
lies the pea
within the pod.”*

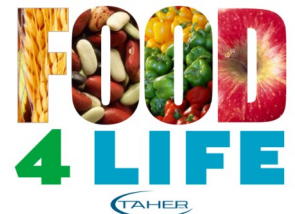
– Emily Dickinson



Midnight Snap

This purple snap pea is under development and may be released in 2012.

- ☆ Today, only about **5% of all peas grown are sold fresh**. More than half of all peas sold are canned and most of the rest are frozen.
- ☆ Some societies frown on diners who **push peas** onto their fork with a knife—etiquette suggests using only a fork.
- ☆ In an effort to **tempt colonists** to settle in the South, one writer boasted that the land was so fertile that peas grew ten inches in ten days.



TAHER