

# Sugar Snap Peas

## School Fruit and Vegetable Scheme

### Your delivery

- Each pack contains: at least 30 pods
- Number of pieces per pupil: 3 pods
- **Storage:** Best kept refrigerated. Otherwise store somewhere cool, dry, away from direct sunlight and chemicals, and ideally off the ground
- **Preparation:** Wash before eating



### What to expect

Sugar snap peas are small, rounded pods, containing tiny peas. The whole pod is edible. They have a fresh, sweet flavour, a crunchy texture and are very juicy. The pods should be bright green & crisp. Sometimes blemishes occur on the skin when picked. Sugar snap peas with skin blemishes are safe to eat. They should be clean and dry. Occasionally some stringiness can occur down one side of the pod, although safe to eat this can be unappetising.

### Place of origin

Peas are one of the oldest cultivated food crops dating back to 10,000 BC., originating in Northern India. They were developed in the 1970's as a cross between garden peas and mange tout. They are now grown all over the world. Sugar snap peas for the scheme are grown in Worcestershire & Kent.

### Nutritional information

- ✓ Good source of vitamins A, C and some B vitamins (thiamin, riboflavin and niacin). Vitamin A helps vision and promotes bone growth, tooth development, and helps maintain healthy skin and hair. Vitamin C fights infection and heals wounds. In general, vitamins are essential for maintaining good health, skin and hair.
- ✓ Source of minerals (folic acid, iron, phosphorous, and potassium). *Potassium has been linked to lowering blood pressure.*
- ✓ All fruit and vegetables are low in sodium, calories and fat and are a good source of dietary fibre

# Sugar snap peas



## Tips for storing, handling and eating sugar snap peas at home

- Sugar snap peas need very little preparation. Wash and top and tail if the ends are tough
- Sugar snap peas can be served raw or cooked. Add raw to salads, or as crudité's with savory creamy dips. Serve cooked as a vegetable accompaniment or add to stir-fries, pasta dishes, risottos, or soups.
- Sugar snap peas cook in minutes by steam., boiling, stir-frying. If overcooked, they will lose their flavour and crunchy texture.

## Interesting fact

- There are 40,000 hectares of peas grown in the UK each year. This is the equivalent to about 80,000 football pitches.
- Archaeologists have found peas in ancient Egyptian tombs
- Peas, and beans, are a member of the legume family. Legume means a pod that splits into 2 valves, with the seeds attached to one edge of the valves.
- Sugar snap peas were probably developed in the late 17<sup>th</sup> century, but they did not become commonly available until the 1970's

## How sugar snap peas are grown

- Sugar snap peas are grown from seed.
- Tractors use a mechanised planter to sow the seeds in rows in the ground.
- They take between 1-2 weeks to germinate, when the seeds start to sprout.
- White flowers appear at around 8-12 weeks after planting the seed.
- British sugar snap peas are planted in February, after the frosty weather. New seeds are then regularly planted, every week, so they grow from summer through to October.
- They are ready to pick around 4 weeks after the flowers appear, when the pods start to fatten but before the seeds grow very large.
- They are picked by hand within 48 hours to prevent them becoming over mature and not as sweet.

## Simple recipe

In a small bowl, mix some drained tuna with low fat soft cheese. Remove strings & tips from the sugar snap peas. Use the tip of a small knife to carefully split open inner curved edge of pea pod. Fill pods with tuna mixture. Cut a small triangle-shaped slice of firm cheddar cheese and place in each pod to form a sail.

## For more information

[www.nhs.uk/5aday](http://www.nhs.uk/5aday), [www.nhs.uk/change4life](http://www.nhs.uk/change4life), [www.food.gov.uk](http://www.food.gov.uk), [www.nhs.uk/healthyeating](http://www.nhs.uk/healthyeating) and [www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk)