

# Peas, Sugar Snap

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Of all the vegetables that taste like candy these are the "candy-est" vegetable.

Because of the extreme popularity of Sugar Snap Peas, we do three plantings of them. We do an early planting of 50 row feet for market, a main planting of 400 feet for CSA, and a third small planting for market.

Due to the extreme amount of time it takes to harvest them, we only include them in CSA boxes 2-3 weeks.

## STORAGE

Chances are you are going to eat these before they can ever be stored. If they do make it longer than the trip home keep them in a plastic bag in the fridge 5-7 days.

## RAW

Remove tops and tails and chop to add a sweet crunch to salads or as a garnish to any finished dish.

## COOKING

Top and tail and chop 1/4-3/4 inch for a quick 3 minute stir-fry.

## A little Extra

If you grow only one crop at home, I would suggest Sugar Snap Peas because 'a little extra' is always great for a snack.

Top, tail, and steam 3 minutes, run under cold water and freeze for a bite of fresh spring in your winter stir-fry.

## CROP AVAILABILITY

Late July-Early June

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## LVFarm Academy A-Z Guide

[lowervalleyfarm.com](http://lowervalleyfarm.com)

