

SNACKBite



Sugar Snap Peas

- More than 1,000 varieties of peas are in existence today. Sugar Snap Peas are a cross between shelling peas and snow peas.
- Most green peas are grown in Montana, Washington, Minnesota, South Dakota, and North Dakota.
- Janet Harris of the UK holds the world record for eating peas. In 1984, 7175 peas were consumed one by one in 60 minutes using chopsticks!
- Peas contain Iron which helps produce oxygen-rich blood and deliver it to different muscles and tissues in the body. Without it you may feel groggy or tired.
- With sugar snap peas, the entire pod is edible including the shell and the seeds inside.
- They have 3 g of fiber per cup, meaning you can eat a lot of them, feel full, and help digest other foods for less than 50 calories.
- Sugar snap peas get their name from their sweet flavor and the “snappy” crunch they make in your mouth!



Be sure to visit the Fresh Fruit & Vegetable Program page under West Fargo Public Schools Food Service tab for program information and activities.

This institution is an equal opportunity provider.