

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.

Insects & Diseases

- Fusarium wilt is a common disease of sugar snap peas. To reduce the chance of infection, plant in well-drained soil that has been amended with organic matter.
- 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.



Sun:
Full Sun



Soil:
Well-
drained



Planting:
Cool



Harvest:
Spring/Fall



Life Cycle:
Annual



Container
Friendly

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.
- For canning and preservation instructions, visit nchfp.uga.edu.

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
- 1/2 cup carrots, shredded
- 1/2 cup cabbage, shredded
- 1 small bell pepper, diced

Dressing

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

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

