



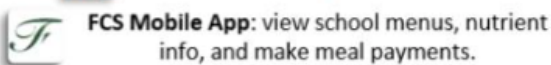
SUGAR SNAP PEAS

DID YOU KNOW?

- Sugar Snap Peas are a cross between Snow Peas and Garden Peas.
- Sugar Snap Peas are eaten in the pods - you do not have to remove the shell!
- Sugar Snap Peas are sweet in flavor, and can be enjoyed raw or cooked!
- Sugar Snap Peas are a great source of vitamin C (a powerful antioxidant), vitamin A (an essential vitamin for healthy vision), and are exceptionally rich in fiber.

FUN FACT!

Sugar Snap Peas are legumes, which provide Nitrogen to the soil!



Visit [fcsnutrition.com](https://www.fcsnutrition.com) for menus and more info!