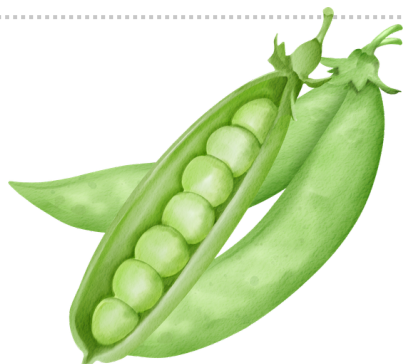


Snap Peas

WHAT IS IT?

Snap peas are bright green pods that you can eat whole. They have a sweet taste and a crunchy texture. Enjoy in the spring and the fall.



NUTRITIONAL VALUE

Snap peas are high in Vitamin C which helps your body heal and supports immune function.

VARY YOUR VEGGIES

Make half your plate fruits and veggies!

Snap peas count as a vegetable. Try snap peas and other colorful vegetables to stay healthy!



FUN FACTS & TIPS



Dr. Calvin Lamborn developed the first snap pea variety in 1979.



Most snap peas are grown in California, Washington, and Oregon.



Add snap peas to stir fry for a crunchy bite.



Scan QR code to find more NE Team Nutrition resources.

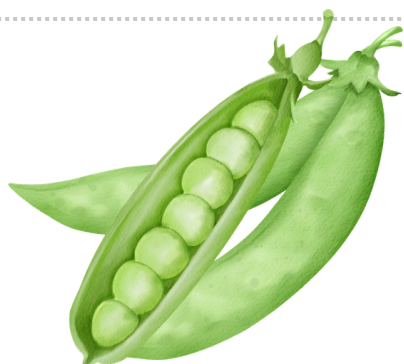


This resource was created based on previous MyPlate Food Fact Cards developed by the USDA. This project was funded using U.S. Department of Agriculture grant funds. USDA is an equal opportunity provider, employer, and lender.

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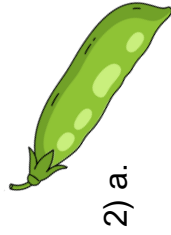


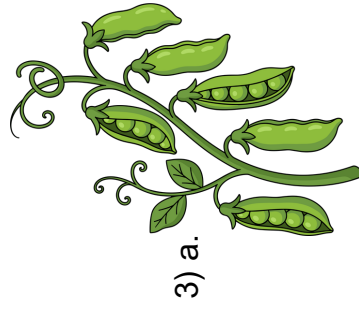
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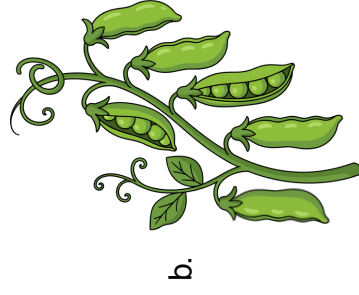
SPOT THE DIFFERENCE

Spot the difference between image a and image b.
Write your answer in the space provided for each pair.









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