



SNAP-Ed

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Growing in Washington Snap Peas




Quick Garden Tips

- 1 Bush and pole snap peas are easy to grow – great for beginning gardeners. Bush types grow to about 3 feet high. Pole types grow 6 to 8 feet high and will need a trellis for support.
- 2 Plant seeds 1 inch deep.
- 3 Space 2 to 4 inches apart in rows.
- 4 Do not use high-nitrogen fertilizers. Too much nitrogen will result in lush foliage but poor flowering and fruiting. Adding rhizobia bacteria to your soil may help if you have not grown peas there before.



Season and Location

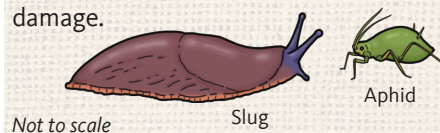
- ✿ Snap peas grow best in cool soil, and full sun. Growing snap peas in larger containers (5 gallons or larger) will help keep the soil from overheating.
- ✿ Plant in full sun for the highest yield, but snap peas can live with part shade. 
- ✿ Plant in soil with good drainage.

Container Gardening

- ✿ Snap peas grow best in cool soil, and full sun. Growing snap peas in larger containers (5 gallons or larger) will help keep the soil from overheating.
- ✿ Plants need about 4 inches of space around them when growing.
- ✿ Make sure your container has small holes near the bottom to allow water to drain; otherwise, the roots may become water-logged.

Key Pests and Diseases

Snap pea seedlings may get seedling root rot if the soil is too wet. Slugs, aphids, and birds can also cause damage.



Washington Gardening Calendar for Snap Peas

Seedling



Transplant



Harvest



Adapted from WSU Extension Publication EM0575E.

Recommended Types to Grow

Bush: Sugar Daddy, Super Snappy, Cascadia (disease-resistant), Sugar Sprint, Sugar Ann

Pole: Sugar Snap, Super Sugar Snap (plant early to avoid disease)



When and How to Harvest

- ✿ Harvest when the pods feel full and are about as thick as your little finger. The pod should snap when you break it in half.
- ✿ Hold the plant stalk with one hand and the pea pod with the other, close to where it attaches to the plant. Gently pull the pod free of the plant. Take care to avoid ripping either the pod or the stalk.

Storage and Cooking

- ✿ Refrigerate peas soon after picking. Store in a container with air flow and plan to use within 5 days. Rinse peas under running water just before using.
- ✿ Eat the plump pods and peas together.
- ✿ Enjoy the peas raw as a snack or tossed into salads.
- ✿ Blanch the peas and add them to pasta dishes or freeze.



Roasted Sugar Snap Peas

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Makes: 3 cups

Ingredients

- 1 pound **sugar snap peas** (about 4 cups)
- 2 teaspoons **vegetable oil**
- 1 teaspoon low-sodium **soy sauce**
- ½ teaspoon **salt**
- ¼ teaspoon **black pepper**

Directions

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F. Lightly grease a large baking sheet.
3. In a large bowl, stir together all ingredients.
4. Spread peas on the baking sheet, leaving space between pieces.
5. Roast for 8 to 10 minutes. Stir a couple of times while roasting.
6. Refrigerate leftovers within 2 hours.

