HARVEST OF THE MONTH
SEPTEMBER 2020

SUGAR SNAP PEAS

VARIETIES
These are the most popular varieties grown in Texas

- SUGAR BOB
- SUPER SUGAR SNAP
- SUGAR ANN
- CACADIA

FAST FACTS

- Sugar Snap Peas belong to the Bean Family.
- The pod & pea can both be eaten.
- Peas are rich in protein & Vitamin C, which help build tissues & heal cuts.
- If you can’t find fresh, frozen sugar snap peas are just as nutritious as fresh.

IDEA FARM

The IDEA Public Schools Farm team has planted a variety of sugar snap peas.

The harvest will provide farm fresh sugar snap peas to IDEA students during the month of September.

IDEA Public Schools is an equal opportunity provider