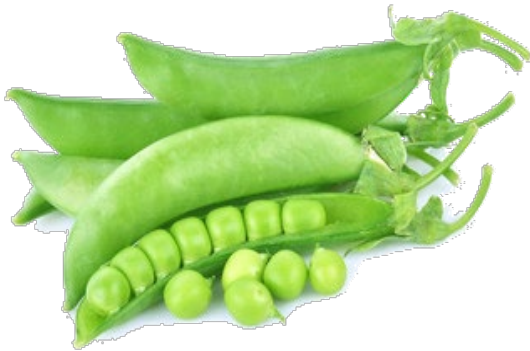




HARVEST OF THE MONTH

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

IDEA Public Schools is an equal opportunity provider