



# ANOTHER HERB HERBERT FACT SHEET



SPECIAL INTEREST HERBS

# GOURMET VEGETABLES

## Snow and Snap Pea (*Pisum sativum*)



### DESCRIPTION

Snow Peas are a very versatile little green. Similar to the Snap Pea, you can eat them in their tender pods, or you can shell them and snack on the individual peas found inside. They are flatter than the Snap and are very sweet. They are thin with the bulge of the tiny seed barely visible at prime eating stage. They reach a length of 5 - 7.6 cm / 2 - 3 inches. The vigorous growing vine is a legume. They are fantastic in salads as well as stir-fries. They grow best at the end of winter, just before the last spring freeze. The soft pods and seeds are both edible. True to their name 'snap peas' maintain crispness even after harvest.



### GROWTH

The Snow and Snap Pea will take about 65 days from sowing to harvest, but once planted they really need little attention. The vine will grow about 1.5 - 1.8 m / 5 - 6ft tall, they need a trellis or fence to grow up on, but you can really grow them on any structure as their vine-like tendrils will curl tightly around just about anything. They are also great for landscaping a pretty garden.

Best to sow the seeds about 2.5 cm / 1 in deep and 38 cm / 15 in apart in rows. You can space your rows about 91 cm / 3 ft apart, to allow plenty of room for the vines to fill out.



### CULTIVATION

Apart from planting, watering and harvesting the Snow and Snap Pea vine needs very little attention. They are on the whole disease resistant but it's worth keeping an eye out for aphids, which can be removed with a blast of water. They grow well in cool weather and are tolerant of frost. Plant early in the spring and harvest before the weather heats up too much.

You'll know when harvest before the weather heats up too much. You'll know when your Peas are ready when the pods are tight with peas, don't wait until the pods loosen as this will mean dry, hard fruit which are less sweet.

Your Snow Peas will have a staggered harvest and you can store them in plastic bags in the refrigerator for a few days. Best to freeze if not intended for immediate use.



### USES

Snow and Snap Peas really are the perfect little food. They are great for snacking raw or work perfectly with almost any dish from risotto to casseroles, stir-fries, soups, roasts, and even salads. They are protein-rich, low in fat and are packed with vitamins and minerals. They are sweet and delicious when boiled and covered in butter and salt too. You can freeze them and they retain their color and flavor. You can also eat them dried with spices.



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