

# Snow Peas

## *Did you know?*

- Snow peas are also known as Chinese pea pods and are commonly used in Asian cuisine.
- They are a great source of vitamin C, which helps support a healthy immune system.
- Snow are also a good source of iron, which is important for healthy blood, and potassium, which is important for healthy blood pressure.
- Snow peas are a variety of pea that can be eaten whole while in its pod.
- Snow peas get their name because they grow early in the season and are not deterred by frost or snow!



## Sources

- <https://www.fruitsandveggiesmorematters.org/snow-peas-nutrition-selection-storage>
- <http://rfhresourceguide.org/Content/cmsDocuments/SNOW%20PEAS%20english%20FINAL.pdf>