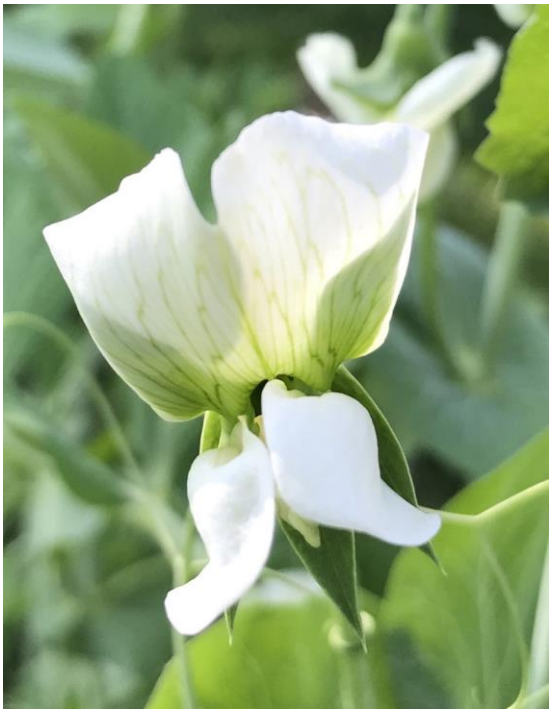
"Favorite Flowers of the Chesapeake Master Gardeners"

The Sugar Snap Pea and its Flower by Connie Smith

***Pisum sativum* var. saccharatum**
common name: Sugar Snap Pea
Family name: *Fabaceae*



Peas are one of the first vegetable crops to plant in the new season, and one of the first to bloom and attract pollen loving insects. The blooms are very exciting to see because you know you will soon have pods full of delicious peas. Very dainty flowers that indicate a vegetable garden success!

The price of a package is under $3.00. They grow in zone 2-9 in full or partial sun, loamy slightly acidic soil. The color of the flowers can vary. Easy to grow, plant directly into the soil in March and by May you will have multiple flowers from which pods will soon develop. Inside each pod are 4-8 peas. Quite a return on your investment! Green peas are fairly low in calories and contain several vitamins, minerals and antioxidants. They're also high in fiber and protein.

With the heat of June and July the pea plant will have run its course and another crop can be planted in its place.

Recipes:
https://blogs.ext.vt.edu/eatsmart-movemore/files/2016/09/Peas.pdf
https://blogs.ext.vt.edu/eatsmart-movemore/files/2016/03/Roasted-Sugar-Snap-Peas.pdf

Photos by Connie Smith

Reference: https://www.almanac.com/plant/peas

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