

Snowpeas

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Snow peas benefits people with asthama, arthritis and diabetes

GEEK TALK

Pisum sativum

BUT WE TALK

Chicharo, sitsaro, mangetout

DID YOU KNOW?

Snow peas are a legume and a variety of peas which often gets confused with the similarly named snap peas. Snow peas are known for their edible green pods that are said to have a sweet meaty taste with a crisp texture.

Snow peas are popularly used in stir-fries and soups but have enough flavor to be eaten on their own as well.

Snow peas are also often seen in some salads and they are available year-round, though best from November to March.

KITCHEN PHARMACY

- Snow peas are believed to be especially beneficial to those with asthma, arthritis, and diabetes as their anti-inflammatory properties prove especially helpful in those areas.
- In addition, it is believed to help fight the common cold and the flu.

