

Marrow fat peas (mushy peas)



Marrowfat peas are green mature peas that are genially dried out naturally in the field, rather than be harvested whilst still young like the normal garden pea.



The birth of marrowfat pea as we know them dates back to the late 1800s.



They were used as a cooked winter vegetable as a good replacement for fresh peas.



Mushy peas, also known as 'Yorkshire caviar', are dried marrow fat peas, mature green peas



Mangetout (snap/snow pea)



Its French name is pois mangetout ("eat-all pea") but it can apply both to snow peas and to snap peas.



Sensational, crunchy, bright green snow peas add vibrancy to salads and stir-fries.



They have a flat-shaped edible pod and very small seeds. Snow peas have thinner walls than other peas and this means that you can eat the whole pod.



They are a good source of vitamins B1, B2, B3, C and K .



They are an excellent source of fibre