

# **Benefits of Sugar Snap Peas**



**Peas** are sweet and alkaline. The sugar snap pea is a hybrid

cross between a snow pea and a green pea offering the best of both. A crisp tender pod and a sweet, plump little pea. They contain protein, fiber, chlorophyll, carbohydrates, beta carotene, B complex, vitamin C, iron, manganese, phosphorus, potassium and zinc. Peas are an anti-inflammatory, galactagogic, and laxative. They are tonifying to the liver, spleen, pancreas, stomach, and may also help stabilize blood sugar levels and reduce the risk of heart disease.

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Check out our [Cibaria Market Menu](#) and our [Family Friendly Menu](#)

*minimum delivery \$65*

*Because we prepare your order fresh for you, please submit orders by 10:30 am for next day delivery.*

**TO PLACE ORDERS:**

**Contact Chef Lisa Smith 404-422-6470**

[Email Lisa](#)

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