

# Pea Shoots

**Pea shoots include the top pair of small leaves (the tip), delicate tendrils attached to the young stem, and maybe a few leaves or even blossoms.**



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**PEA SHOOT  
FACT**

**1**

GARDEN STATE ON YOUR PLATE<sup>SM</sup>  
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# Pea Shoots

**Shoots are typically harvested from snow pea vines, although they can be from any type of garden pea.**

**There are three main categories of peas: garden, snow, and snap. Snap and snow peas can be eaten raw and have an edible pod. Garden peas should be shelled before eating.**



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**PEA SHOOT  
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# Pea Shoots

**Peas are in the legume family, which means they produce pods that contain edible seeds.**

**Peas are ready to harvest 45 to 80 days after planting. The peak time for peas in New Jersey is from mid-May to July or until the weather gets too hot.**



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**PEA SHOOT  
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**Pea shoots were traditionally used in the cuisine of the Hmong people of southern Asia, and grew popular in Asia and parts of Africa.**

**Pea shoots are sold in Asian markets as *dou miao*.**



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# Pea Shoots

**Pea shoots can be eaten raw or lightly cooked.**

**Peas can be eaten raw, steamed, roasted, simmered, or sautéed.**

**Pay attention when you are cooking peas because if you overcook them they become mushy!**



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**PEA SHOOT  
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# Pea Shoots

**Pea tendrils are high in vitamin C, vitamin K and antioxidants, which keep our cells strong and healthy.**

**Peas contain protein, calcium, folate, potassium, and vitamin C.**



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**PEA SHOOT  
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# Pea Shoots

**Use pea shoots within one to two days of harvesting. Store them, wrapped in paper towels, in the vegetable bin of the refrigerator.**



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# Pea Shoots

**Begin harvesting shoots when pea plants are 6 to 8 inches tall. Cutting off the growing tip will encourage the plants to branch out and continue growing.**

**Harvest the top 2 to 6 inches of the pea plants, flowers, and buds every 3 to 4 weeks.**



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**PEA SHOOT  
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**To cook, place freshly washed pea shoots in an empty saucepan over medium heat or in a small bowl in the microwave. Heat just until wilted.**



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**PEA SHOOT  
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# Pea Shoots

**For a twist on spring greens,  
stir-fry pea shoots with  
sauteed garlic.**

**At the end of cooking  
time, add a squeeze  
of fresh lemon.**



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