

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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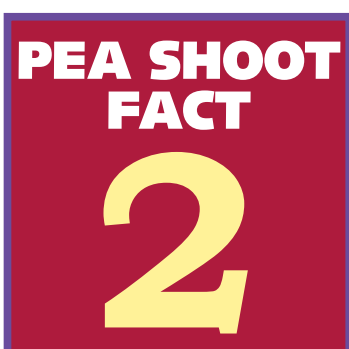
Pea Shoots

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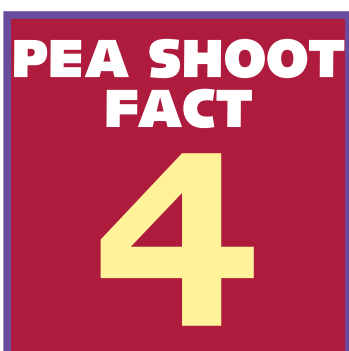
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Pea shoots were traditionally used in the cuisine of the Hmong people of southern Asia, and grew popular in Asia and parts of Africa.

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 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 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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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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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 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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