

VEGETABLE OF THE WEEK

PEA SHOOTS

Pea shoots have soft leaves, curly-cue tendrils and watery crunchy stems. They are the first part of the pea plant before it forms pea pods. We grow pea shoots as a micro green all year round! While they like cool weather the best, we have found techniques to help them grow even in the heat of summer. These have a sweet flavor that tastes similar to a snap pea.

To store: Eat them within 10 days. Pea shoots last quite a while in the fridge but will begin to lose some of their flavor after about a week. They should be stored in a fridge like lettuce, in a plastic bag.

To use: You can very easily just swap them in for any soft, leafy green in a recipe. You can eat pea shoots raw in a fresh salad; they can take the place of the more traditional lettuce or simply enhance it with pea shoot's spring flavor. You can stir fry them with sesame oil and garlic, as has long been done in Asian cooking. These greens can also brighten up a spring pasta dish, contributing a fresh, soft taste. Basically any time you want the sweet green flavor of a mild

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