

Pea Shoots

Available

Early Spring
March - April



Nutrients

A great source of vitamin C, vitamin A, and folic acid.

At A Glance

Pea shoots are the young leaves, stems and tendrils of any type of pea plant such as sugar snap peas. They have a sweet, subtle pea flavor. Pea shoots can be grown in containers at home, ready to eat in a few weeks!



How to Select and Store

Wrap in a paper towel and place in an open plastic bag. Store in the vegetable drawer of the refrigerator. Pea shoots are best eaten within 2-3 days. Do not wash before storing. Wash with water and pat dry when ready to eat.



Prepare and Serve

Pea shoots can be eaten raw. They add great flavor to salads, sandwiches, burgers and pizza. They can be lightly cooked in a stir fry or any dish that uses lightly cooked spinach