

Peashoots

Peashoots are harvested between 7-10 days after seeding.

They are a tender young 'shoot' of a pea plant.

A baby salad green that tastes like sweet peas!

STORAGE

These will store in a plastic bag in the fridge for about a week.

PREP

These are excellent mixed with lettuce mix, or for topping any raw salad, coleslaw, or potato salad. They also make a delicious topping for sandwiches, and wraps.

Chop some pea shoots and top a cooked dish with them; the heat will make them reduce slightly.

LITTLE EXTRA

It's hard to imagine having extra because these are so sweet and delicious.

If you are lucky enough to find yourself with 'too much' you can put them in a green smoothie.

Also, you can saute them 2-3 minutes. They reduce down after just a whisper of cooking, and can then be stored in the freezer until ready to use.

Crop Availability:

We seed these tender crops every four days.

May-October

LVFarm Academy A-Z Guide

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