

Snap and Snow Peas

Peas originate in the Mediterranean region where tender young pods as well as mature peas and pea shoots were eaten. They are much loved and taste like candy in their prime. Snap peas and Snow peas are easy to tell apart: Snaps are plump and smooth, and Snow are flat and bumpy.



TIPS:

Short-term Storage: Edible podded peas are best eaten very soon after picking. Make sure they are dry, and store in plastic in the refrigerator.

Long-term Storage You will find that the pods will become stringy and the peas tough if you store for a very long time. Blanching and freezing is the best way to save them for a future date.

General Cooking Info: The great thing about snap and snow peas is that they are very delicious raw. They also take well to light stir-frying.

Growing Info: Peas along with fava beans are a cool season crop. We plant them as early as we can in spring so as to get a harvest out of them before the heat of summer sets in. We plant snap peas and snow peas. The snap peas are plump pods, while the snow peas are thin pods which show the bulge of the peas within.

Common Problems: Having enough people to pick them before they get over-mature can be a problem for us when the height of spring planting is upon us. If you'd like to come and help us pick let us know!

snow peas



pea shoots are good eating too!



Snap Peas with Mint

2 teaspoons olive oil
 3/4 pound sugar snap peas, trimmed
 3 green onions, chopped
 1 clove garlic, chopped
 1/8 teaspoon salt
 1/8 teaspoon pepper
 1 tablespoon chopped fresh mint

Heat oil in a large skillet over medium heat. Add the sugar snap peas, green onion, and garlic. Season with salt and pepper. Stir-fry for 4 minutes, then remove from heat and stir in the mint leaves.

Sauteed Sugar Snap Peas

1 lb. sugar snap peas
 3 tbsp. vegetable oil (1/2 sesame oil is great)
 1 tsp. finely minced garlic
 1 tbsp. fresh ginger, finely shredded
 1/2 tsp. salt
 1/4 tsp. black pepper
 1/3 c. julienned red onion

String peas by beginning at tip and pulling it down. If peas are very young, you can omit this step. Cut off stem ends and leave whole. Place in colander and rinse under cold water. Shake well and drain.

In large skillet heat oil. Add garlic and ginger and saute briefly about 30 seconds. Add peas and, over medium high heat, toss and cook

for 2-4 minutes, depending on how large they are. Do not overcook. Add salt, pepper, red onion just as they are finished cooking. Serve immediately.

Cooks.com

Spicy Sugar Snap Peas With Mustard

1 lb. fresh sugar snap peas
 1 tbsp. whole mustard seeds
 4 tbsp. vegetable oil
 4 cloves garlic, finely chopped
 1 hot dried red chili
 Salt and pepper to taste

Heat the oil in a large skillet over high heat. When hot, add the mustard seeds. As soon as the mustard seeds begin to pop, add the garlic, then add the red chili and stir for a few seconds. Put in the sugar snap peas and season to taste. Let cook for a few minutes until they have absorbed the flavor of the spices.

Cooks.com

Garlic Snowpeas

2 cups fresh snow peas (washed, dried, and trimmed)
 1 -2 tablespoon sesame oil
 3 minced garlic cloves
 salt & pepper

1 Heat wok on medium-hi heat .

2 Add oil get it hot, dump in peas.
 3 About 1 minute after stir frying add garlic and seasoning.
 4 Quick fry just till bright green and still crisp.
 5 Cooking time is an estimate -- do not over cook or they will turn a dull green and go limp.
 6 Remove and serve while still hot.

Food.com

Snow Peas with Pine Nuts and Mint

2 Tbsp olive oil
 1/2 pound snow peas, rinsed, dried, tips of the ends cut off, strings removed
 1/4 cup pine nuts
 1 clove garlic, minced
 1/4 teaspoon dark sesame oil
 10 large mint leaves, chopped

-Heat olive oil in a large skillet on medium high heat. Add the snow peas, garlic, and pine nuts. Stir to coat with the oil. Cook for 1-2 minutes, stirring. You do not want to overcook the snow peas or they will get limp. They should still be a little bit crunchy.

-Remove from heat. Stir in the sesame oil and chopped mint leaves. Serve immediately.

Serves 2-3.

Simplyrecipes.com

Asian Beef with Snow Peas

3 tablespoons soy sauce
2 tablespoons rice wine
1 tablespoon brown sugar
1/2 teaspoon cornstarch
1 tablespoon vegetable oil
1 tablespoon minced fresh ginger
root
1 tablespoon minced garlic
1 pound beef round steak, cut into
thin strips
8 ounces snow peas

In a small bowl, combine the soy sauce, rice wine, brown sugar and cornstarch. Set aside.

Heat oil in a wok or skillet over medium high heat. Stir-fry ginger and garlic for 30 seconds. Add the steak and stir-fry for 2 minutes or until evenly browned. Add the snow peas and stir-fry for an additional 3 minutes. Add the soy sauce mixture, bring to a boil, stirring constantly. Lower heat and simmer until the sauce is thick and smooth. Serve immediately.

from Allrecipes.com