

Pea Shoots

The plant tastes just like the peas they would grow if we didn't cut them for an early season treat! Try a leaf right now. It tastes just like a pea! This is one of those plants that folks are skeptical of, but love it after they really try it!

Chop and put in your salad, Sautee in sesame oil with a bit of garlic. Add to a burrito. Great in stir fry's! Wonderful sautéed over rice with peanut sauce.

Bok Choy & Pea Shoots Sesame Noodles

2 Tbsp sunflower or canola oil

1 head baby garlic

1 large head bok choy

10 oz. soba noodles or rice noodles

2 tsp rice vinegar

4 tsp tamari or soy sauce

2 tsp honey

2 tsp toasted sesame oil

4 scallions, finely chopped

1/4 cup sesame seeds

2 cups pea shoots, roughly chopped

Cook soba noodles, drain and set aside. Heat a little oil in a large skillet. Add the chopped garlic and sauté over medium-high heat until it begins to soften. Add the chopped bok choy and continue to sauté over medium heat (tossing occasionally) until the bok choy is just cooked (no longer crunchy). Set aside. In a large bowl, combine the vinegar, tamari, honey and sesame oil. Whisk to combine. Toss in the noodles and mix to coat. Add the bok choy and garlic mixture, chopped scallions, sesame seeds, and pea shoots, and then mix it all together. This dish is delicious at any temperature.

