

# ROLLING PRAIRIE

*notes from rolling prairie farmers alliance*

WEEK OF MAY 8, 2010

## Coming Up

### Sauteed Pea Greens



Recipe by Molly Watson,  
[About.com](#).

Sauteed pea greens - cooked quickly and simply - are a wonderful way to use the tender young vines of pea plants.

Trim off and discard any tough end of about 1 lb. pea greens.

Heat about 1 Tbsp. olive oil or grape-seed oil in a very large frying pan or wok over high heat.

If you like, add 1 clove minced garlic and/or several chopped green onions and cook, stirring, until fragrant, about 30 seconds.

Add pea greens and cook, stirring, until pea greens wilt and soften, about 3 minutes.

Season to taste with salt. Drizzle with a bit of high quality extra-virgin olive oil (lemon infused oil is particularly lovely on pea greens) and add a squirt of lemon juice, if you like.

**Note:** The website listed by Jennifer Kongs is British, so be prepared to convert measures from the metric system. Here is a handy website to do so: [gourmet sleuth.com](#)



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## PEA GREENS

An excerpt from Jennifer Kongs' blog. Jennifer is a graduate of KU's Environmental Studies program and worked for Rolling Prairie farmer Bob Lominska for several years. She currently works for Mother Earth News.

Too delicate to travel far, pea greens are not a supermarket specialty. The ones offered through Hoyland Farms are actually a field pea - a cover crop planted to provide nutrients to and protect the soil. Also called pea shoots, these springtime treats provide plenty of nutrients for our bodies as well, including Vitamins A and C and Folic Acid. The entire shoot is edible, so preparing the greens is fast and easy; the easiest way to eat

pea greens is by chopping them up and tossing them into a salad. If you want to try cooking the shoots, beware that they will cook down quite a bit - even more than spinach! Adding the shoots at the last minute of a soup, or sauteeing briefly in olive oil with a bit of garlic and a squeeze of lemon juice are also easy ways to try out this rarer green. For some more in depth recipe ideas, see <http://www.peashoots.com/peashoots-recipes.htm>, where you can find out how to make some mouth-watering dishes with the pea greens - including pea shoot and feta fritters or pea shoot and walnut pesto.

