

# Sugar Snap Peas

One crisp, crunchy bite from a snap pea will have anyone convinced this veggie deserves a spot in their garden

## Trellising

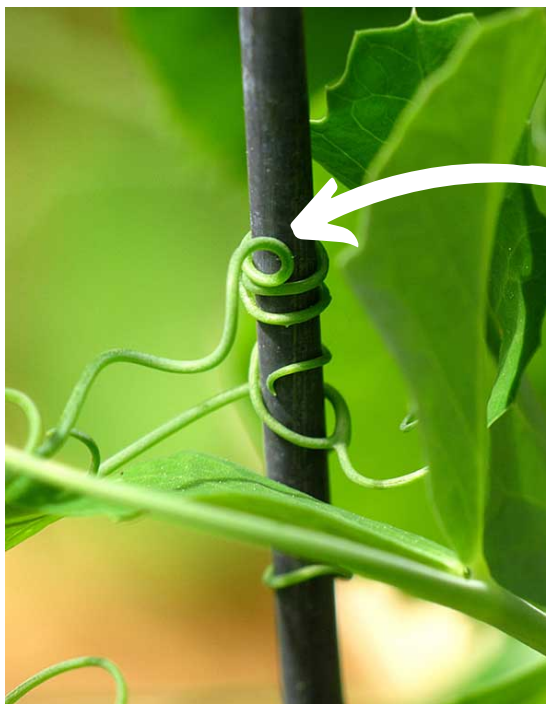
Trellising is a gardening practice where plants are supported with a structure to climb up as they grow. Trellising peas is a great way to encourage vertical growth so the plants take up less ground space.

To trellis your peas, simply find a material for the plants to climb and place the trellis at the base of the plant. You can use any lattice fencing, metal or wooden stakes, string, wire or even tomato cages!

## Picking

Snap pea pods are best picked when they are plump with peas but not too swelled. Overripe peas are less sweet and more fibrous. To ensure your peas don't get too ripe, check pea plants every day for harvestable pods.

The sweet sugars in peas quickly turn to starches after they're harvested, so eat those delicious peas as soon as possible!



### *How do peas climb?*

Peas have small branching stems that spiral and coil around objects to help support the weight of the plant. These coiling extensions are called **tendrils** and they help the plant climb on trellises.



# Get Grillin'

You can grill sugar snap peas!? Yes! If you can resist eating your entire harvest straight off the vine, try adding them to your next grilled meal!

Preheat your grill to 350 degrees Fahrenheit. Use a copper grill mat, a grilling pan or a grill with narrow grates to keep the peas from falling through. Dress peas with a small amount of olive oil and a light sprinkle of garlic powder and black pepper. Cook on the grill with the cover on for 3-5 minutes or until the peas are tender and charred. Enjoy!



Photo Credit: OurFourForks

## Asian Snap Pea Slaw

### Ingredients:

- 1 cup thinly shredded red cabbage
- 1 cup sugar snap peas, thinly sliced vertically
- 2 carrots, peeled and thinly sliced
- 2 green onions, thinly sliced on the diagonal
- 3-4 red radishes, thinly sliced into matchsticks
- 2 Tbsp low-sodium soy sauce
- 1 Tbsp sesame oil
- 1 Tbsp sesame seeds
- 1 tsp lemon juice
- 1/2 tsp ground ginger
- 1/2 tsp garlic powder



### Directions:

1. In a large bowl, combine the soy sauce, sesame oil, sesame seeds, lemon juice, ginger and garlic powder with a whisk.
2. Add the cabbage, snap peas, carrots, green onions and radishes to the bowl and toss until the veggies are covered with the dressing.
3. Serve room temperature or chilled.

Recipe inspired by Amanda George. Photo courtesy of iowagirleats.com