



## WHAT IS A HULL PEA?

Basically, a "Hull Pea, " or "English Garden Pea," is one that you need to remove from the tough shell before eating.

Shell English peas immediately before they're to be cooked: Break off the stem and pull the fibrous string down the length of the pod. Press each pod between your thumbs and forefingers to open, pushing out the individual peas. Rinse and drain the peas, discarding pods, stems, and strings. Prepare them in a multitude of ways:

- Boil peas in ¼ inch of simmering water for 3 to 4 minutes until crisp and tender, then toss into your favorite warm pasta or pasta salad.
- Add variety to a salad by tossing in just-boiled (or raw) peas.
- Sauté shelled peas in olive oil with torn mint leaves.



## CRUNCHY BOK CHOY SLAW

- ¼ cup rice vinegar
- 1 tablespoon toasted sesame oil
- 2 teaspoons sugar
- 2 teaspoons Dijon mustard
- ¼ teaspoon salt
- 6 cups very thinly sliced bok choy, (about a 1-pound head, trimmed)
- 2 medium carrots, shredded
- 2 scallions, thinly sliced

Whisk vinegar, oil, sugar, mustard and salt in a large bowl until the sugar dissolves. Add bok choy, carrots and scallions; toss to coat with the dressing.



## GARLIC SCAPE PESTO

*Garlic scapes are only available for a few short weeks. You may want to stock up on them and freeze this pesto for later.*

- 9 – 10 garlic scapes (knobby seed pods removed and discarded)
- ½ cup slivered almonds (or walnuts, pecans, or pistachios)
- ¾ cup extra virgin olive oil
- ¼ cup grated Parmesan cheese
- Salt and Pepper to taste

Rinse scapes in cold water, then roughly chop into 1/2 inch (or so) pieces. Add scapes and nuts to the bowl of a food processor. Blend for 30 seconds, or until fairly smooth. Scrape down the sides of the bowl with a rubber spatula.

With the machine running, slowly add olive oil, and process until thoroughly incorporated, about 15 seconds. Add the Parmesan cheese, salt and pepper, and blend for another 5 seconds. Adjust seasonings if necessary.

Although this pesto is great fresh, it is even better when refrigerated for several hours or overnight. Before chilling, place the pesto in a glass bowl and over tightly with plastic wrap.

— From "A Garden for the House" blog



## KOHLRABI AND APPLE SALAD WITH CREAMY MUSTARD DRESSING

*Kohlrabi is delicious peeled, sliced, sprinkled with a little salt, and eaten raw. If you want to dress it up a little, try this easy slaw.*

- ½ cup heavy cream (or plain Greek yogurt)
- 2 tablespoons fresh lemon juice
- 1 tablespoon coarse-grained mustard
- 3 tablespoons finely chopped fresh parsley leaves
- ½ teaspoon sugar
- About 2 pounds kohlrabi; bulbs peeled and cut into julienne strips
- 1 Granny Smith apple

In a bowl whisk the cream until it holds soft peaks and whisk in the lemon juice, the mustard, the parsley, the sugar, and salt and pepper to taste. Stir in the kohlrabi strips and the apple, peeled, cored, and diced, and combine the salad well.

— Adapted from [www.epicurious.com](http://www.epicurious.com)