



# Johnson's Garden Talk

Lawn and garden information for the friends and customers of Johnson's Garden Centers

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## Adventures in Gourmet Eating

Carolyn Utter, *Editor*

Fresh from your garden, snow peas and sugar snap peas are a great adventure in gourmet eating and cooking!

Also known as edible podded peas, the entire pods with seeds are eaten whole. Pick pods young and eat them raw, with a dip, stir-fried or steamed lightly then topped with a dab of butter. Snow peas can be served raw in salads, but blanching them in boiling water for one minute brings out their vivid green color and heightens their crispness.

Plant peas six to eight weeks before the last expected spring killing frost. Peas grow best in well-drained sandy soil. Plant seed in single rows about one inch deep with seed spaced about five inches apart.

Trellis the plants to support the vines and keep pods from touching the soil. Maintain good soil moisture during bloom, pod set and pod fill for sweet, tender pods.

Edible podded peas keep in the refrigerator for about two weeks. Remove the ends as with string beans. Some of the larger snow peas will need to have strings removed. These usually pull off when you remove the ends.

Try this fast, delicious snow peas recipe. It's great served with fried rice!

### SNOW PEAS WITH SHRIMP

- 1 1/2 cups snow peas or sugar snap peas
- 3 tablespoons salad oil
- 1 clove garlic, minced or pressed
- 1 lb. medium-size shrimp, shelled and deveined
- 8 oz. sliced water chestnuts, drained
- 3 green onions (including tops) sliced thinly

### Cooking Sauce

- 1/4 teaspoon ground ginger
- 1 teaspoon cornstarch
- 2 tablespoons soy sauce
- 2 tablespoons dry sherry
- 1/2 cup chicken broth

Prepare the cooking sauce by mixing the ginger and cornstarch. Add in soy sauce, dry sherry and chicken broth. Whip vigorously until well mixed. Set aside.

Place wok over high heat and add oil. To hot oil, add garlic and shrimp. Stir fry for about one minute. Add peas and cook for three minutes. Mix in water chestnuts and onions. Pour in cooking sauce (stir sauce well first) and cook until sauce boils and shrimp turns pink.