Peas

Sugar snap peas: the kind you eat whole, both the sweet peas & their crispy pods. They can be steamed or lightly stir-fried, or eaten fresh.

Shelling peas: Sit on your front porch with a big bowl of these peas in their pods, and “shell” away (split the pods & remove the peas). It’s relaxing, & the treasure inside is delicious! Shelling peas are usually eaten cooked, but try snacking on raw peas while shelling, & decide if you want to add them to salads.

Snow peas: These are basically a pod with undeveloped peas inside. They are the signature element in many Asian dishes (stir-fries & soups); you can also steam them lightly to bring out the flavor & tender texture, & add to other vegetable dishes.

(pictured above, left to right: just-picked sugar snaps, baskets of shell peas on offer at a spring market (with head lettuce -- red leaf & butterhead), & tender snow peas growing ...)