



The
Nearly Naked
veg company

Our farm, your table, no fuss



Sugar Snap Peas

Sweet and succulent, sugar snap peas are the result of crossing English peas with snow peas and you eat them whole, pods and all—no waste, just tons of great springtime taste.

They are in season right now and many of you have been enjoying them in your boxes for a couple of weeks. Here are 5 delicious, easy ideas to keep you going!

1. **IN THE RAW** with a dip of 1 cup plain yogurt, 1/3 cup crumbled feta, and 1/8 teaspoon freshly ground black peppercorns.
2. **FLASH FRIED** Heat 1 tbsp oil in a wok or pan. Fry chopped chilies (as per your preference) for 1 minute and add the peas. Toss for 2 minutes until glossy.
3. **BLANCHED AND TOSSED** with buttered egg noodles, parsley, and garlic.
4. **ROASTED** with olive oil and sea salt until crisp-tender and lightly browned on the edges; drizzle with a few drops of toasted sesame oil before serving.
5. **TOSSED WARM WITH FRESH PESTO** and toasted pine nuts.

Let us know if you have any other ideas which we can add to the list!



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'Mothers' Summer Vegetable Soup

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