



Pea shoots

Pea shoots are great for small spaces – they grow fast, taste delicious and are rich in Vitamin C, A and protein. Growing pea shoots is easy. They are perfect to try if you're starting out. Seeing (and eating!) the fruits of your labour in just two or three weeks is rewarding and motivating.

Plus, pea shoots are also a good choice for shady spaces (they only need one or two hours sun a day) or to grow inside over winter – just sow a tray or two and keep next to your brightest bright window.

How to grow peas shoots

1. Buy dried peas

Dried peas sold for cooking will normally grow fine and are much cheaper than buying seed packets.

2. Select a container

Choose one 2-3 inches (6-9cm) deep. An old fruit tray from the supermarket will do like one that had blueberries or grapes in it or any tray - just make sure it has holes in the bottom to allow water to drain out.

3. Fill container, then water

Fill your container with compost, about 1/2 to 3/4 inch below the top. It's always a good idea to use the best quality compost you can find. But having said that, peas shoots are pretty unfussy - and almost any compost seems to be OK. then give the compost a good water.

4. Sow

Sow the seeds on top of the compost. you can sow them very close together - I try to leave a gap the size of a pea between each seed. (If you wanted to grow full sized pea plants you'd sow the seeds further apart. But as we're only growing shoots, we can get away with close spacing).



5. Cover

Cover the seeds with a layer of compost - about the thickness of a pea. Water the surface lightly again.

6. Check daily for watering

That's it! All you need to do know is keep the compost moist - check it every day in hot weather, every couple of days in cooler weather, and water when needed.

7. Harvest and enjoy!

In two to three weeks (a bit longer in cold weather) your crop will have grown 3 - 4 inches tall. **YOUR PEA SHOOTS ARE NOW READY TO EAT!** Harvest by pinching off each shoot just above the bottom leaves. Some of the pea shoots may regrow to give you a second harvest.

