

# HOW TO... GROW PEA SHOOTS



Pea shoots are easy and fast to grow. They taste delicious and are expensive in the shops. They also contain lots of Vitamin C, Vitamin A and protein = super healthy!

## Here's how to grow them

1. Fill a container (old mushroom trays are ideal) at least two inches deep with multipurpose compost. Or you can use old compost from another pot (pea shoots are not very hungry).
2. Sow seeds *thickly*. Leave a space about the size of a seed between each seed.
3. Cover the seeds with a thin layer of compost
4. Keep compost moist – check it every day or two to see if it needs watering.

It's as simple as that!

**Harvesting:** Your shoots will be ready to harvest in 2 – 4 weeks in warmer weather. When they are four to five inches long is a good time to harvest them – but you can eat them at any size. (Although they'll get a bit tough if left for too long).

**Eating:** Pea shoots taste similar to peas. They are delicious added to salads. You can also add them at the last minute to stir fries and risottos. And they make a beautiful garnish on almost any dish. They go very well with mint.

**Where to get more seeds:** You don't need to spend money on expensive seed packets: you can use dried peas from the supermarket or market.

**Other shoots:** there are other shoots you can grow in exactly the same way including chick pea (just use supermarket dried chick peas), and ful medames or fava beans (small broad beans).



*Sow the seeds close together but not touching.*



*After 7 -14 days, small shoots will start to appear*



*You can harvest the shoots anytime – a good time is when they are 3 – 5 inches long. How soon they reach this stage depends on how warm it is.*