

Potty about Pea Shoots

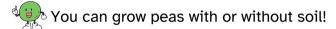


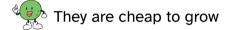


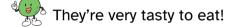


Pea shoots are quick and easy to grow

The first sprouts (root and first leaves) appear from the seed after a few days and stems and leaves of pea shoots are ready to eat in 2-3 weeks







You can grow pea shoots any time of year

You can repurpose old tubs & containers.





HOW TO GROW PEA SHOOTS

1.
Soak your peas
in water
overnight
before planting
them

Find a tub or pot 5-10am deep and put a few holes in the base

3.
Fill ½ of the pot with damp soil or kitchen paper

4.
Spread lots of peas on the top of the soil.
Leave a tiny space between each pea



5.
Water your
peas and put on
a windowsill
and watch

6.
Water your
peas whenever
the soil feels
dry

7.
After 2-3
weeks the pea
shoots will be
ready to eat

8.
Cut off the shoots and eat in salads, stirfries and more!







www.incredibleedible.org