



# Potty about Pea Shoots



**BELIEVE IN  
THE POWER OF  
SMALL ACTIONS**



# 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 peas with or without soil!



They are cheap to grow



They're very tasty to eat!



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**

**2.**

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

**3.**

**Fill  $\frac{2}{3}$  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, stir-fries and more!**





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