

How to grow pea shoots

1. Soak the peas in water for 24 hours (dried peas sold for cooking will normally grow fine and are much cheaper than buying seed packets). I've done this already!
2. Pinch the end of the toilet roll.
3. Fill your toilet roll container with your soil, about 1/2 to 3/4 inch below the top.
4. Sow the seeds on top of the soil. You can sow them very closer together – I try to leave a gap the size of a pea between each seed.
5. Cover with soil – about the thickness of a pea.
6. Water the peas *when you get home* and place in a sunny location.
7. That's it! All you need to do now is keep the soil moist – check it every day in hot weather, every couple of days in cooler weather, and water when needed.
8. In two to three weeks (a bit longer in cold weather) your crop will have grown 3 – 4 inches tall. YOUR CROP IS NOW READY TO EAT! Harvest by pinching off each shoot just above the bottom leaves. Some of the pea shoots will regrow again giving you a second harvest.
9. When the crop has finished, put the roots in your compost heap if you have one.

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