

Grow your own... Peashoots

Peashoots are one of the easiest, cheapest and tastiest vegetables to try, especially when you have children.

They can be eaten raw or mixed into a stir-fry or risotto at the end of cooking.

- Easy to grow
- ✓ Contains Protein
- ✓ Contains Vitamin C
- ✓ Contains Vitamin A

- ✓ Grow all year round
- ✓ Grow in your windowsill
- ✓ Grow in your garden
- ✓ Harvest in 2 weeks





From your growing pack, you will need:

- ✓ Compost
- √ Container



- 1. Soak up the peas in water for up to 24 hours. After a few hours the peas will have expanded and look more alive!
- 2. Choose a container 5-10cm deep with a few holes in the bottom for water to drain out.
- 3. Half fill your container with compost and lightly water.
- 4. Sow the seeds on top of the compost. They can be sown close together, then cover lightly with compost.
- 5. Water lightly and let drain.
- 6. Place on a windowsill (on a tray to catch the water) or in the garden.



Keep soil moist. Check daily on hot days and every couple of days otherwise.



- 1. Your peashoots will be ready once they are between 5-10cm tall. This takes around 2-3 weeks in the summer and slightly longer at other times.
- 2. Snip or pinch off the peashoots just above the lowest leaves. Some of the peashoots will regrow again giving you a second harvest.
- 3. Rinse under cold water and eat raw, in a salad or stir fry.

Top tip: If your peashoots have grown too much and are a bit stringy, split them into clumps, plant them out and let them grow into a full size plant.

