

Grow these super nutritious greens from pea to plate in 3 weeks.

**What you will need:**

- A clean jar
- Dried Marrowfat peas (any peas will do)
- Water
- Small tray
- Tea towel or piece of cardboard
- Windowsill
- A little compost (or soil)



**Step One:**

Make sure you have a clean jar – you can even use a clean jam jar.

**Step Two:**

Half fill your jar with your dried peas.

**Step Three:**

Fill your jar, with the same amount of lukewarm tap water

**Step Four:**

Leave your peas to soak overnight (6-8 hours is enough)

**Step Five:**

Move your sprouting peas onto a tray of compost (or soil) about 2-3cm deep and cover with a damp tea towel / damp piece of cardboard (or more compost or soil).



**Step Six:**

Peas will begin to sprout within a week. Just remove the towel / cardboard if you used it, and make sure soil and peas don't dry out.

**Step Seven:**

When your peas are about 15cm tall (after about three weeks from sowing), you can cut off the top 10cm and use as salad, in a stir fry or even in a sandwich!

**Step Eight:**

A week or two after cutting, you will get a second crop. Repeat until they stop growing!

