

Grow your own 'microgreens' – pea shoots

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!

