



SERPENTINE COMMUNITY GARDEN SOCIETY

Pea shoots

Materials

Peat free compost - if you don't have it use garden soil or leaf litter.

Seed tray - any shallow tray may be used for growing pea shoots. Just make sure it has drainage holes - and rests on newspaper if kept on a windowsill.

24 dried peas - sold as Bigga dried peas selected marrowfats and can be brought at all local supermarkets and Lomas Foods. (Much cheaper than buying seeds from a garden centre or catalogue.)

Method

Fill the seed tray to a depth of 50mm (2 inches) with compost and moisten it.

Space the seeds on top of the compost in rows of leaving two or three pea widths between each pea.

Cover with another 25mm (1 Inch) of compost.

Keep on a windowsill any time of the year or in a green house in summer.

Keep moist but not wet.

Harvest when 50mm high and leaves have started to open up by cutting the shoot with scissors. Leave the first set of leaves - a new shoot will grow.

You should be able to harvest two more lots of shoots before having to start again

Notes

Mice love these peas so if growing outside put tray on an upturned large flowerpot or bucket to stop mice climbing into the tray.

Spent compost and the pea roots can be composted or added to a wormery.

Let us know how you get on.

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