

Growing Pea Shoots – It’s Easy!

Hope Seeds is encouraging you to eat fresh and green, all year round. Pea shoots have a wonderful, fresh pea flavour, excellent shelf life, and gourmet appeal! They add spunk to salads and sandwiches, and dress up any soup or stir fry. Their uses are limited only by your imagination. Pea shoots are ready to harvest within 10-14 days of planting. No special greenhouse or heating required, just a table top, sunny window, some soil, open seedling trays, and seeds. Here’s how:



Materials Required:

- 1/2 lb field pea seeds (Product #: 2158-LO)
- 4 L potting soil
- 3 open seedling trays (one with drainage holes, one without, one doesn’t matter)
- Bucket
- Water
- Table top or workbench
- Sunny window

*Fills one seedling tray, yields ~3/4 lb shoots

Step 1 (Day 1):



Measure out your dry seeds. ½ lb dry peas is about 1+1/2 cups. Soak peas in a bucket with clean water overnight.

Step 2 (Day 2):



Drain peas, now measuring about 3+1/2 cups (enough to fill one seedling tray). Pull out 2 open seedling trays, putting one with drainage holes inside one without.

Step 3 (Day 2):



Fill trays with 3 L of potting soil as your base. We use a 2 L ice cream tub for our “measuring cup”, and 3 L is 1+1/2 tubs full.

Step 4 (Day 2):



Spread soaked peas evenly over your base of potting soil, and cover with the remaining 1 L (1/2 ice cream tub) of potting soil.

Step 5 (Day 2):



Finally, water your seeds until soil is moist. Place the last empty seedling tray on top of the freshly planted seeds, so it sits just inside the other two trays. This is to keep moisture inside, and seeds in the dark. Place trays in a spot where temperature is around 20°C (70°F).

Step 6 (Day 6):



Within 4-5 days, seeds will have sprouted and will start pushing the top tray up. Remove the top tray and place seedlings under lights or in a sunny window. Check moisture level and water as necessary to keep soil moist but not soggy.

Step 7 (Day 12):



About 10-12 days from planting, your pea shoots will be ready to harvest, although you don't have to harvest all at once. Cut shoots at the tray-line with clean scissors. If harvesting for later use or market sales, soak shoots in a cold water bath for 15 minutes.

Step 8:



Enjoy fresh on sandwiches, in salads, or any way you choose!