

A little guide to growing peas



If you plant a pea in the ground, it'll quickly sprout and become a 4ft tall pea plant that will produce loads of other peas. Since a 4ft pea plant won't grow very well in a little pot, you'll be growing pea shoots in your cups instead.



Sowing

1. Start by getting your hands dirty - crumble some compost between your fingers until all the big lumps are gone.
2. Fill your Sow & Grow cup with compost to within 2cm of the top of the cup.
3. Bang it on the table a few times to help the compost lie nice and flat.
4. Put about 10 peas on the surface of the compost and push them down until they are about 3-4cm under the soil.
5. Cover over the little holes with some compost.
6. Give it a good water.

Growing

Keep the cup somewhere warm and sunny. Check it every day to make sure the soil is moist - if it's not, water it again. The soil should feel moist but not too soggy. Your peas should germinate (appear) within 7-10 days.

Top Tips

- Pea shoots have a lovely delicate flavour and are very tasty in a salad. You could also try adding your pea shoots to a stir fry, wilted into risotto or pasta, or finely chopped into a salad dressing. Pea shoots are a super food because they're packed with vitamins A, C and folic acid, and they are very low in fat.
- Peas can be grown easily in lengths of old rain guttering. Fill the gutter with potting compost and sow the seeds about 5cm apart. When the seedlings are 8cm tall, dig a trench in the soil about the same depth as the compost in the gutter and simply slide the contents of the gutter into the trench.



Harvesting

When the shoots are about 15cm tall, snip them with scissors about an inch from the surface of the soil. The shoots might re-sprout after you cut them and give you a second crop of pea shoots (but there probably won't be as many the second time around).

Note for teachers: after sowing, the cups can be kept in the classroom or taken home by the children if you haven't got much space.

We're keeping an eye out for the best growers in the country, so keep us updated on your Sow & Grow projects with photos, pictures and diary updates here: sowandgrow.innocentdrinks.com

The best entries will be in with a chance of winning some great prizes so be sure to check it out.