

HOW TO GROW PEA SHOOTS

adapted from Bunny Goodwin, Keene Central School Garden Coordinator

The Day before plating: Fill the bottom of your seeding flats (pictured to the left) with 1 layer of seeds each, then soak only half of those seeds in a glass jar filled $\frac{3}{4}$ with water for 8-24 hours. The seeds will double in size after soaking.



After soaking, you may see some seeds will begin to develop radicals. A radical is a little white protrusion that becomes the root.

Plating: Drain the soaked pea seeds if you haven't already.

Put potting soil or soil-less mix in a big bucket (soil-less mix is a peat, vermiculite medium that you can usually find at a hardware store, organic potting soil work well too). Add water and mix. The soil should be damp, but not dripping.

Fill your seeding flats (pictured above) with soil, 1½-2 inches deep. If you line the container with newspaper first, you will need only about 1-2cm of soil.

Distribute the seeds on the top of the soil so they are not or barely touching. Press down very lightly.

Put your container(s) in the 1020 flat. A shallow baking dish also works well.

If you set down newspaper to work each seeding flat can be planted in a workstation of 8-12 students. The planted flats should be set on the windowsill in the 1020 trays to be watered and observed as they grow, up to 3 seeding flats will fit in each 1020 tray (as pictured).



Cover the container for a few days so the seeds can germinate in the dark.

After the seeds germinate, take the cover off and place the seeds in a sunny window or under grow lights. If using lights, keep them no more than 4 inches above the seeds. The seeds like 14 hours of light each day, but will grow with less in a sunny window.

Water as needed. Bottom water by pouring water into the 1020 tray, beneath the container that the soil is in.

The soil will wick the water up from the base tray.

Note: *The shoots will not grow if they get dried out. The soil is a lighter color when the soil is dry. If the soil is too wet, the shoots will get moldy.*

When the stems are about 4 inches high, 10-14 days, cut at the soil line and eat. "I think they are best eaten raw by themselves, or in salads, but they are also good in sandwiches and stir fries." - *Bunny*

Note: *Wash all containers and trays in a 10% bleach solution after each use.*

Enjoy! And please re-use the trays! Either in your own classroom, or by passing along to a colleague. Most kits have more than enough seed for multiple plantings, but you may need to procure more soil. Ask your local hardware store if they will donate potting soil before you purchase.