



## GROW YOUR OWN

### Peas

Peas are an easy peasy crop to plant, give good yields, and can easily be done in small spaces – so why not have a go at home?

Gardening can become an interesting and rewarding hobby with most adults saying they began their love affair with the soil as children. So print off the following guide to growing peas and you could find you have your very own Jack and the Peastalk.

#### What you'll need:

- Dried peas (sold for cooking will normally grow fine and are much cheaper than buying seed packets)
- A bowl (to soak your peas)
- Soil
- A homemade newspaper pot or toilet roll with sealed bottom.

#### Here is how you can grow your pea shoots...

1. Soak the peas in water for 24 hours. (Soaking the peas is not essential but it will help to speed up germination) Don't soak longer as peas may go mouldy!



2. Take your homemade newspaper pot, fill with soil or compost, but stop about 3 cm (1 inch) below the top.

3. Water the soil and then place a handful of peas on top of the soil. Leave a gap the size of a pea between each one (this is called sowing the seed)

4. Cover your peas with another 1cm of soil before a final sprinkling of water. Do not compact (push down) the soil too heavily.



5. You're all set! All you need to do now is place your seeds in a sunny place and look after them by keeping the soil moist, checking them every day in hot weather, and adding water when needed.



6. After about a week your pea shoots will begin to emerge. And in two to three weeks your shoots will be 9-12 cm (3-4 inches tall) and ready to eat!

