



Windowsill Quick Crops: Pea Shoots

Growing on the windowsill delivers year round fresh leaves. Pea shoots can be harvested within 2 weeks of sowing indoors during the Winter months. Sow a fresh batch every other week throughout the year to ensure a continuous supply. Pea shoots will add a fresh garnish to snacks and dinner plates, and check out delicious Pea shoot soup recipes!



What you will need:

- Packet of Pea shoots
- Plastic seed tray/container or plastic fruit box with holes in base
- Compost Good quality compost labelled 'for seeds and young plants'
- Drip tray/saucer to place seed tray onto
- Labels and marker pen
- Fine spray water top bottle/watering can



What you need

Step 1 Break up any lumpy bits of compost and fill the container approx. 1cm from the top edge.

Adaptive tip: Use a spoon or a small tumbler to fill the container with compost.

Step 2 Fill the seed tray/box 2/3rd with compost, using a spoon to aid hand-eye coordination and fine motor development. Use a fine spray water bottle or watering can to dampen the compost.



Step 1

Adaptive tip: Pea shoots 'seeds' are quite easy to handle - put several in a wee dish to help make easier for clients to 'catch'.



Step 2

Step 3 Place the pea shoots approx. 1cm apart across the tray/box, and press in a finger nail's depth into the compost. Cover the entire surface with a light layer of compost, then give another fine spray of water over the compost.



Peashoots are easy to handle



Step 3

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Windowsill Quick Crops: Pea Shoots continued



Step 4



Step 5



Step 6

Step 4 Write the plant name, today's date and the gardener's name if appropriate onto a label and place into the corner of the compost tray.

Step 5 Use a tray—a washed food dish without holes is ideal, to sit the pea shoots tray into to avoid water eeking out of the compost onto the windowsill.

Step 6 Sit on a bright windowsill. Water into the tray to prevent dislodging the peas and their developing roots.

Step 7 The pea shoots will sprout through within 3—6 days depending on how warm the environment is.



Step 7

Step 8 Keep the compost damp, but not soggy. Within 3 weeks, the pea shoots will be ready to harvest. Use kitchen scissors to snip off the tasty stems. Keep watering, and after a further 3 weeks, a 2nd, perhaps less strong crop will be ready to enjoy also.



Hearty soup



Salad garnish



Step 8

Use your Pea shoots to make a delicious soup with / without ham, or use as a fresh garnish with tomato. Enjoy!