



How to quickly grow nutrient-rich baby leaves

Microgreens and Pea Shoots

Microgreens and pea shoots are quick to grow and take very little space. They are more nutrient dense than fully-grown vegetables and can be added in salads, sandwiches or hot dishes. They are much cheaper to grow than to buy in the shop and pea shoots can be kept longer in soil than in the fridge.

What you need to know

Seeds: microgreens can be grown from the seeds of different plants, like broccoli, coriander, lettuce, radish, cauliflower, spinach or basil. Microgreen seed mixes can be bought in garden shops.

For pea shoots, all you will need is a pack of dried marrowfat peas, which can be found in most large food retailers. Before you sow them, soak them in water for 24 hours.

Soil: peat-free compost for pea shoots or kitchen roll for microgreens.

Container: any small container such as a shallow vegetable/fruit punnet works well.

Location: a sunny windowsill is best.

Timeline: microgreens will vary in growing time depending on the type of seeds you sow. Most will be ready in one to two weeks.

Pea shoots are ready in about two to three weeks, or when they are approximately 10-15cm in height.



Growing microgreens — step by step:

1. Ensure your container has some holes in the bottom to allow for drainage.
2. Line the container with damp, but not soaking, kitchen roll.
3. Scatter the seeds so they are evenly apart.
4. Place on a warm windowsill.
5. Check the kitchen roll daily to make sure it does not dry out.

Harvest: the time they take to grow will depend on the microgreens you have, but most are ready in one to two weeks.

Growing pea shoots— step by step:

1. Soak your peas in water for 24 hours.
2. Ensure your container has some holes in the bottom to allow for drainage.
3. Fill the container to two-thirds deep with soil.
4. Place some peas on top of the soil, close together but not touching.
5. Cover the peas with a thin layer of soil.
6. Water the peas so the soil is damp but not soaked.
7. Place the pot on a warm windowsill.
8. Check the soil daily to make sure it does not dry out.

Harvest: in approximately two to three weeks, or when the plant has a height of about 10-15 cm, you can harvest the pea shoots. Do this by snipping or pinching the shoots above the bottom set of leaves. By leaving the bottom leaves, it will encourage the crop to grow again and you may get two or three harvests from one crop of peas.