

The Little Gardener

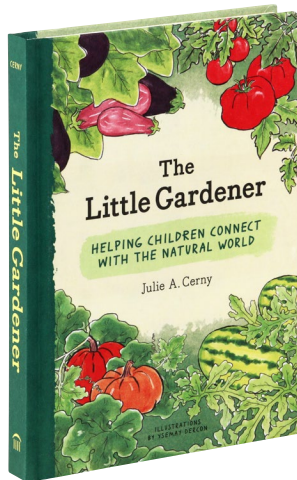
EASY GREENS FOR BIG AND LITTLE GARDENERS

Growing pea shoots is a fun, easy, and fast way for Big Gardeners and Little Gardeners to grow something delicious together. A great project for any time of year, it's especially exciting to grow food indoors before your outdoor garden is ready. You may have eaten peas before, but have you tried the shoots?

They are tender, tasty, and nutritious.

Get ready to plant, grow, and eat!

By Julie A. Cerny



THE LITTLE GARDENER:
Helping Children Connect with the Natural World
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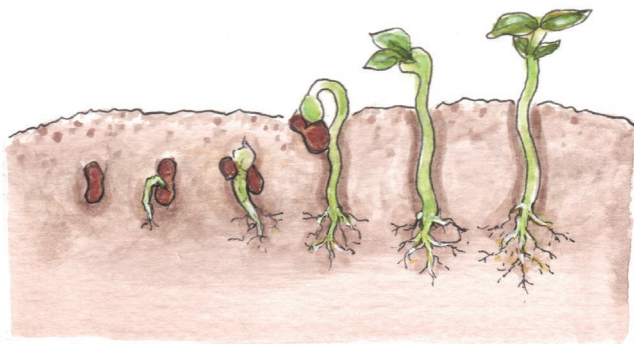
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YOU WILL NEED

- ☼ A sunny window
- ☼ Pea seeds (field peas and sugar snap peas work best)
- ☼ A bowl
- ☼ Water
- ☼ A shallow container
- ☼ Container lid (or any cover that will block light)
- ☼ A small tray to catch water
- ☼ Potting soil, slightly damp
- ☼ Optional: a grow light, compost

PROMPTS

- ☼ How many days did it take for your peas seeds to sprout?
- ☼ How many days did it take for your shoots to be ready to harvest?
- ☼ How can you make your little garden an even better place for pea shoots to grow?



INSTRUCTIONS

1. Help your peas seeds "wake up" by soaking them in a bowl of water overnight.
2. Prepare your growing container by poking holes in the bottom and in the lid. This will help keep the moisture in your container just right. Place your little garden on a tray that will catch any extra water.
3. Fill your container about 1" (2.5 cm) deep, gently pressing it in. You can mix in a small amount of compost too.
4. Sprinkle your pea seeds on top of the soil and gently press them in. The seeds can be placed close together (about a pea-width space around each seed) and do not need to be covered with soil.
5. Lightly water your pea seeds and place the lid or cover on top to "tuck them in." Place your little garden away from light and extreme temperatures.
6. Peek under the lid each day. When most of the seeds have started to break open and sprout (about 2-3 days), remove the cover and place your little garden next to a sunny window or under a grow light.
7. Check on your peas daily, making sure that the soil doesn't dry out. If the shoots are bending too much to reach the light, rotate your tray every couple days to help the sprouts straighten up.
8. Harvest your pea shoots when they are about 5-6 inches (13-15 cm) tall (about 2 weeks after planting). Snip the entire shoot, or leave some of the stem and a couple leaves behind and try for a second harvest. Enjoy your pea shoots as they are, in a salad, or stir-fry them!
9. Once you're done harvesting from your little garden, add the leftover soil and roots to your compost pile to help feed soil life.

