Resource 1

How to grow pea shoots

Pea shoots are great for growing in small spaces. What's more, they'll be ready to eat in less than three weeks. Pea shoots will also grow well inside your classroom if kept near a sunny window.

What you'll need:

- Dried peas
- A bowl (to soak your peas)
- Soil
- An old can (washed out!) or a plant pot
- Watering can

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

1. Make sure that none of your peas are split or cracked. Soak the peas in water for 24 hours (dried peas sold for cooking will normally grow fine and are much cheaper than buying seed packets). Soaking the peas is not essential but it will help to speed up germination. If you decide to soak your peas don't do this for longer than 24 hours because you will drown your seed or perhaps make them moldy!
2. Take an old can (or a pot or seed-growing tray) that's at least 6-9 cm (2-3 inches) deep. Ask your teacher to put some holes in the bottom of the can so that any excess water can drain out.
3. Fill your can with soil or compost, but stop about 3 cm (1 inch) below the top.
4. Water the soil and then place (called "sowing") a handful of peas on top of the soil. Leave a gap the size of a pea between each one.

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

6 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.

7 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!

Teacher Notes – Lead Questions

While planting their crops, get pupils to engage in a discussion with their fellow classmates to answer the following questions:

1. What would happen if you didn't water / added too much water to the soil?
2. What might happen if you planted too many peas in your can or pot?
3. What do plants take from the soil that helps them grow?
4. What is nitrogen and why do plants need it?
5. What would happen if your shoots had too much / too little sunshine?
6. If you were going to grow your plants outside, what might attack your shoots before you get to eat them?

Additional Suggestion

Encourage students to track plant developments on a weekly basis, e.g. stem height, number of leaves, etc., and use the data to create simple graphs.