

GROW

PEA SHOOTS



Materials Provided:

Pea Seeds
Cotton balls

Materials Needed:

Small growing tray
(a tupperware container is great)

Instructions:

1. Pour peas into a glass and fill with water, let soak overnight

2. Place cotton balls in a layer in growing tray

3. Sprinkle soaked peas on top of cotton balls in a densely packed single layer

4. Place in a sunny spot indoors and water

5. Water daily when cotton feels dry

6. Pea shots will grow a few inches tall in about a week's time, cut them at the base and they're ready to eat

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SHOOTS RULE

Pea shoots have 7 times as much vitamin C as blueberries and 4 times as much vitamin A as tomatoes.

So eat pea shoots for a boost of nutrition!

TASTY SHOOTS

Spread your favorite topping on crackers (soft cheese, hummus, guacamole, etc.) and sprinkle with pea shoots for a fancy snack.

Pea shoots are a tasty addition to sandwiches, salads, and even pasta!

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