



**TODD'S  
SEEDS**

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Growing pea shoots in soil is simple and results in tender, nutritious shoots. Here's a guide to help you get started:

**### Supplies You'll Need:**

- Green pea seeds from Todd's Seeds
- Seed-starting soil mix
- Shallow growing tray or container (about 2 inches deep)
- Water
- Spray bottle (optional)
- Plastic cover or plastic wrap (optional)

**### Step-by-Step Instructions:**

**1. \*\*Seed Preparation:\*\***

- Measure out your desired amount of pea seeds (typically ½ to 1 cup).
- Rinse the seeds thoroughly with clean water to remove any debris.
- Remove any visibly damaged seeds.

**2. \*\*Soak the Seeds:\*\***

- Place the rinsed seeds in a bowl and cover with clean water.
- Use about three times the volume of water to seeds.
- Let them soak for 8-12 hours or overnight.

**3. \*\*Prepare the Growing Tray:\*\***

- Fill your shallow tray with a seed-starting soil mix to a depth of about 1-1.5 inches.
- Gently press down to create a level surface.
- Lightly water the soil to moisten it evenly.

**4. \*\*Planting the Seeds:\*\***

- Drain the soaked seeds and spread them evenly across the surface of the soil.
- Lightly press the seeds into the soil but do not fully bury them.
- Gently water again to moisten the seeds.

**5. \*\*Cover and Initial Growth:\*\***

- Cover the tray with a plastic cover or wrap to retain moisture and warmth.
- Place the tray in a location that receives indirect sunlight or under a grow light.
- Check daily and mist with a spray bottle or gently water if the soil feels dry.

**6. \*\*Growing and Maintaining:\*\***

- Remove the cover after 2-3 days once the seeds begin to sprout.



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- Water the soil lightly each day to keep it moist but not soaked.
- Ensure good airflow around the tray to prevent mold growth.

#### 7. **\*\*Harvesting:\*\***

- Your pea shoots will be ready to harvest after 10-14 days or once they reach about 4-6 inches in height.
- Cut the shoots just above the soil line with clean scissors or a sharp knife.
- Rinse the pea shoots thoroughly before using.

#### 8. **\*\*Reusing the Tray:\*\***

- Remove the old roots and replenish the soil with fresh seed-starting mix.
- Clean the tray thoroughly and dry it before starting a new batch.

#### **### Tips:**

- Use high-quality, chemical-free seeds from Todd's Seeds specifically labeled for sprouting to ensure safety and high germination rates.
- Keep the soil moist but avoid overwatering, as pea seeds can rot in overly wet soil.

Following these steps will help you enjoy fresh, tasty pea shoots in no time!

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