



**TODD'S
SEEDS**

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To grow pea shoots from green pea seeds, you'll need a simple setup and a little patience. Here are the steps:

Supplies You'll Need:

- Green pea sprouting seeds
- Sprouting jar or large bowl
- Sprouting tray with drainage holes or a fine mesh colander
- Clean water
- Spray bottle (optional)

Step-by-Step Instructions:

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

- Start by measuring out your desired amount of pea seeds (typically ½ to 1 cup).
- Rinse the seeds thoroughly with clean water to remove any dust or debris.
- Check for any damaged seeds and remove them.

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

- Place the rinsed seeds in a sprouting jar or large bowl.
- Fill the container with clean water, using about three times the volume of water to seeds.
- Let the seeds soak for 8-12 hours or overnight, allowing them to swell up.

3. ****Drain and Rinse:****

- After soaking, drain the water through a fine strainer or mesh lid.
- Rinse the seeds with fresh water and shake gently to remove any excess water.

4. ****Pre-Sprouting:****

- Place the drained seeds back in the jar or bowl, cover with a breathable lid or towel, and let them sit for about 12 hours.
- Rinse and drain the seeds every 8-12 hours for 2-3 days until tiny sprouts (or "tails") start to appear.

5. ****Transferring to a Tray:****

- Prepare a sprouting tray or a colander.
- Spread the pre-sprouted seeds evenly in the tray and place it in indirect sunlight or under a grow light.
- Rinse and drain the seeds twice a day to keep them moist.

6. ****Growing and Harvesting:****

- After about 5-7 days, your pea shoots should be 2-4 inches tall with fully developed leaves.



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- Harvest by cutting the shoots just above the root line.
- Rinse thoroughly before consumption.

7. ****Storing Pea Shoots:****

- Store the pea shoots in a container or bag in the refrigerator.
- They will stay fresh for up to a week if thoroughly dried before storage.

Tips:

- Use seeds from Todd's Seeds meant for sprouting to ensure good germination rates.
- Maintain good airflow to prevent mold growth.

With these steps, you'll have fresh, crisp pea shoots ready to add to your meals!

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