

# PEAS

## 1 SOW YOUR SEEDS

From January sow your pea seeds 3cm deep into seed tray inserts. Keep them warm and watered in the greenhouse. Or sow straight into beds from March onwards.

## 2 PLANTING OUT

Plant your seedlings out once they are 10cm tall and have two or more leaves.

Plant them in rows with 10cm between each plant and 60cm between each row.

Plant them next to a structure they can climb up.

Tie the crops loosely to the structure so they can grow taller.

## 3 HARVESTING

Pea pods are ready to harvest when they are around 8cm long and the peas are visible inside the pods.

Pick your pea pods regularly to encourage more pods to grow.

You can also harvest pea plants when they are young. These are called pea shoots and they can be eaten whole in salads.

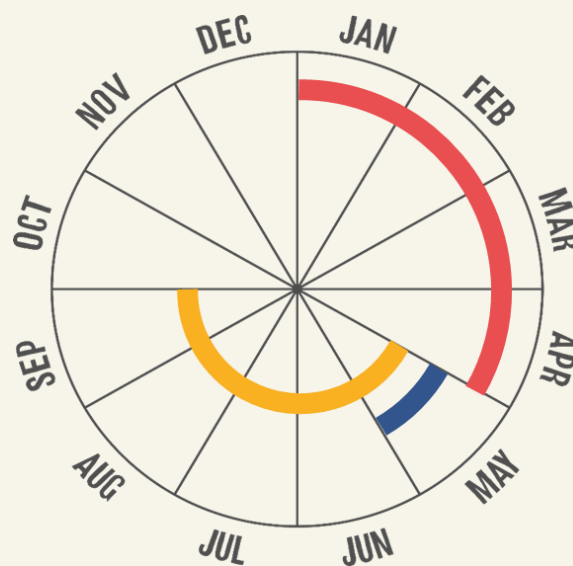
The flowers of a pea plant are also edible.



### TOP TIPS

Peas will grow upwards and their tendrils will look around for structures to climb up.

If no fixed structure is nearby you can make your own with bamboo canes.



Seedlings



Young plants



Ready for harvest