

# Growing Guide: Peas



## Top 5 Reasons to Grow Peas

1. Easy to grow
2. Good source of protein – three-quarters of a cup of peas have the same amount of protein as a whole egg
3. Improves soil – peas take nitrogen from the air and put it in the soil. That means they make the soil better as they grow
4. Fresh – peas lose their taste quickly after harvesting so it is almost impossible to buy them fresh from supermarkets
5. Flexible – peas don't mind where they grow whether it be straight into the soil, transplanted for later or in containers (including indoors!)

## Step 1: Sowing

**When to Sow:** Peas can be sown from March until June once the soil has warmed up after the cold winter months (must always be at least 10 degrees Celsius). If you are growing peas indoors these can be grown all year round but will need at least 8-10 hours of bright light.

**Where to Sow:** Peas can be grown in lots of different ways. You can sow them straight in the soil in the garden or grow them in pots or trays to plant out later. You can even sow them into a tray or small container and instead of letting them grow to full size you can eat the tiny little shoots in a salad when they are about 10cm high.

**How to Sow:** Sow peas 3-5cm deep. If sowing in soil dig a trench 15cm wide and 4cm deep and place the peas on the surface in two staggered rows at least 5cm apart. If growing in containers fill your container with soil, scatter your peas over the surface and poke them down with your finger.

## Step 2: Growing

Peas are hungry plants – apply a good quality organic fertiliser just before sowing. Once they get going however you won't need to feed them as they can take nitrogen from the air.

**Growing Tip:** Pea plants grow tall so they will need something to climb up, otherwise they will fall over. You can buy pea netting or use twiggy sticks. Pea plants send out tiny little tendrils that are like little hands to grab onto the support.

## Step 3 - Harvest

**When to Harvest:** Peas are usually ready to harvest about 3-4 months after sowing. If you want to harvest pea shoots from your containers these are ready in about 3 weeks.

**Harvesting Tip:** Harvest regularly to encourage pod production. Harvesting is easy – we just snap the pod off the plant and open it for the BIG REVEAL of how many peas are inside.

## GIY Tips

If growing in containers make sure to water them more frequently than in beds because of the small space.

Peas can be sown effectively in lengths of old rain-guttering. Fill the gutter with potting compost and sow seeds 5cm apart. When the seedlings are 8cm tall dig a trench in the soil about the same depth as the compost in the gutter and simply slide out the contents of the gutter in to the trench.