

## *PEA - sprouts and microgreens*

Seeds soaking (hours)	Rinse/drain per day	Days to harvest		Yield (weight ratio)	
	Sprouts	Sprouts	Microgreens	Sprouts	Microgreens
8-12	2	2-6	10-14	2: 1	1 : 1



**Seeds**



**Sprouts / 3 days**



**Microgreens / 10 days**

**Taste** Taste of fresh pea but with a crunchy texture.

**Appearance** Large green seed.

**Nutrient** Rich in proteins, glucose, lipids and fibers. The pea also contains many minerals (potassium, phosphorus, magnesium, calcium and iron) and oligo-elements (zinc and copper). The vitamin content of the pea is high of the B (B1, B2, B3, B5, B6, B8, and B9), C and E groups.

**Use** If you choose to enjoy the pea as a sprout, you will need to blanch it at 40° prior to eating. More often appreciated as a shoot (approx. 8 cm), soft green in color with a white stem.

**Tip** After soaking, pea shoots can be grown by spreading the sprouts on a plate or any flat surface lined with cotton or cloth that is kept humid by spraying mists of water for a few days. You can grow peas in one level of a sprouter plater, placed over the water tray.