

PEA - MAPLE (SPECKLED) - sprouts and microgreens

Seeds soaking (hours)	Rinse/drain per day	Days to harvest		Yield (weight ratio)	
	Sprouts	Sprouts	Microgreens	Sprouts	Microgreens
8-12	2-3	2-3	10-14	2: 1	1 : 1



Seeds



Sprouts / 3 days



Microgreens / 14 days

Taste Their taste is semisweet / bittersweet and very fresh.

Appearance Big beige seed.

Nutrient They are rich in vitamins, calcium, iron, phosphorus, amino acids, and proteins.

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 sprouted plater, placed over the water tray.