

# How to Grow Microgreens: Pea Shoots



FLORIDA  
**MASTER  
GARDENER  
VOLUNTEER**



Prepared by: UF/IFAS Extension Broward County  
Master Gardener Volunteer Peggy De Mars

## Step-by-Step Guide

- 1 Soak  $\frac{1}{4}$  cup of seeds in 2 cups of water for 24 hours
- 2 After 24 hours, pour off water then spread the seeds evenly over the soil. Spray seeds thoroughly with water.
- 3 Cover the seeds with the lid for 48 hours to stimulate the seeds to sprout. If using cardboard as lid, simply cover the seeds. If using a plastic lid, tilt the lid slightly and cover with a towel so they are in the dark.
- 4 When sprouts are 4"-5" (about 1 week), cut the entire pan of microgreens about  $\frac{3}{4}$ " from the soil and refrigerate. Continue spraying the cut sprouts every morning and every night for a second crop.
- 5 To grow more seeds, replace the used soil with fresh and repeat instructions.



1



2



3



4

# How to Grow Microgreens: Pea Shoots



## Materials:

- 1  1 Aluminum pan (8"x10" ) with a plastic lid or cardboard box lid large enough to cover the pan.
- 2  1/4 Cup of pea shoot seeds.
- 3  1 Measuring cup (with a 2 Cup capacity).
- 4  Soilless medium such as peat moss potting soil. \*Always use fresh medium when starting a new crop\*
- 5  Spray bottle for watering
- 6  Clean scissors to cut your sprouts



## MATERIAL LIST

Prepared by: UF/IFAS Extension Broward County  
Master Gardener Volunteer Peggy De Mars

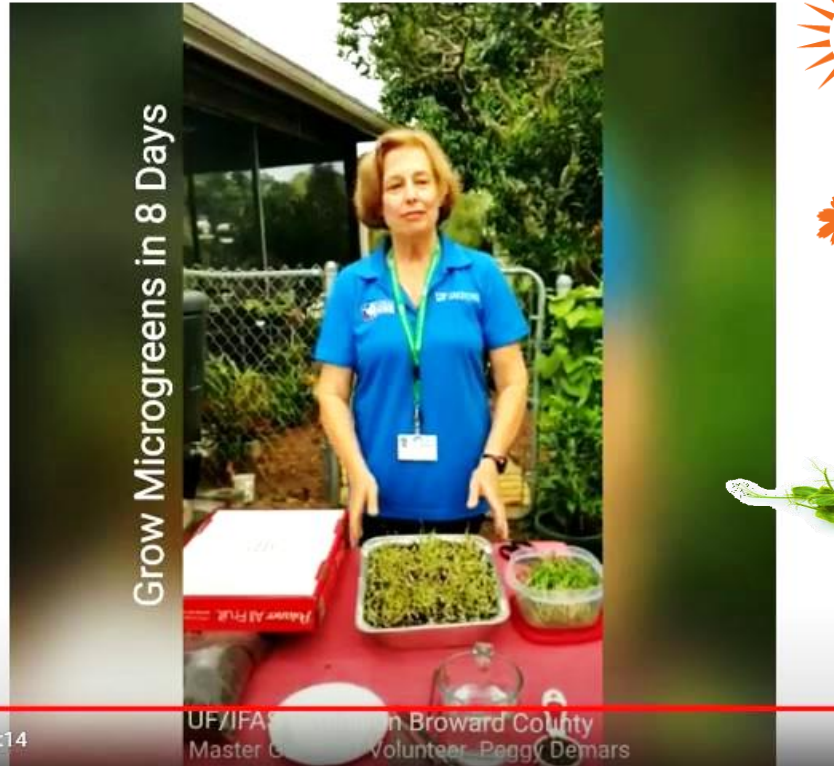


## Watch Video:

[https://youtu.be/GBCsul\\_poRI](https://youtu.be/GBCsul_poRI)

# How to Grow Microgreens: Pea Shoots

Prepared by: UF/IFAS Extension Broward County Master Gardener Volunteer Peggy De Mars



**THE GARDEN PROJECT**

Train the Trainer



**Watch Video:**

[https://youtu.be/GBCsul\\_poRl](https://youtu.be/GBCsul_poRl)

Lorna Bravo- UF/IFAS Extension Urban Horticulture Agent