How to Grow Microgreens: Pea Shoots

Prepared by: UF/IFAS Extension Broward County
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Step-by-Step Guide

1. Soak ¼ 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 ¾” 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.
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**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

**Watch Video:**
https://youtu.be/GBCsul_poRI
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