

Pea Shoot Information Sheet

Today's Farm to School Snack features local pea shoots!

While the pea plant originated in Northwest Asia and the Mediterranean region, the pea shoots you will be trying today were grown locally at:

in

How Does It Grow?

Pea shoots are the young, tender sprouts of the pea plant, harvested as microgreens. To grow them, pea seeds are soaked for 24 hours, then spread on moist soil in trays placed in indirect sunlight. After a few days, the seeds sprout and develop tiny leaves. The pea shoots are watered every two days and are ready to harvest after only two weeks, when they reach 17-20 cm tall. They have a sweet, fresh flavor like sugar snap peas and a crispy, leafy texture. Pea shoots are enjoyed raw or in salads, sandwiches, and stir-fries.



Fun Facts

- Peas are among the Earth's oldest vegetables.
- Peas were one of the first crops grown in space aboard the International Space Station.
- Pea shoots grow in just 10-14 days, making them one of the quickest microgreens to harvest!

Around the World

Peas are thought to have originated in Northwest Asia before spreading to Europe and other parts of the world. Early European settlers brought them to North America in the late 15th century. Pea shoots have traditionally been used in Chinese, Thai, and Vietnamese cuisines, often stir-fried or added to soups for extra flavor. Today, pea shoots are a popular microgreen in gardens and kitchens worldwide, prized for their quick growth.

Ways to Explore

Ask learners if they would like to share any cultural dishes or family traditions that include peas.

Guide students through a mindfulness tasting testing experience:



Look



Feel



Taste



Smell

Enjoy this tasty green snack!

Find more resources at www.nourishns.ca