

GROW GUIDE - MICRO PEA



Microgreen Pea Shoots

Seed Quantity: 35 grams per wooden punnet

Pre-soak: 6-12 hours (cold water)

Blackout Time: 3-5 days

Germination Rate: high

Germination Time: 2 to 3 days

Microgreens Harvest time: 8 to 12 days

Microgreens Ideal Harvest: 10 days

Micro Pea Flavour: crunchy, mildly sweet, fresh

Temperature / Humidity levels : Ideal temperature to grow is approx 70° F (68 to 72) - 21 degrees celsius

MICRO PEA

Day 1 - Germination Stage - Sow your Seeds

Step 1 : Soak your pea seeds in cold water for approx 6-8 hours. Then drain the water and rinse the pea seeds a couple of times making sure they are clean. The reason we soak the pea shoots is to soften the outer shell and in turn this helps with germination.

Step 2 : Add 375ml of water to one coconut brick into a large mixing bowl. This will hydrate the coir and create volume. The brick will make enough coir for all four wooden punnets. Ensure to thoroughly mix together and break up any lumps.

Step 3 : Using one of your wooden punnets, add the coir into the punnet so that the punnet is full. Ensure that the coir is level, it doesn't have to be compacted down but must be evenly spread within the punnet. Tamp the surface gently to flatten.

Step 4 : The coir should be moist enough after hydrating it, but if the coir feels a little dry then you can lightly mist spray the top with water. You want the coir to feel damp but not too wet or over soggy.

Step 5 : Spread the pre-soaked pea seeds evenly over the coir (they will be quite thick) and tamp very gently to insure contact with the coir. The seeds should not overlap and sit directly onto the coir.

Step 6 : Mist spray with water over the entire surface area.

Step 7 : Place another wooden punnet over the top to cover the seeds.

Step 8 : Place the wooden punnet on the black tray and then using the second black tray upside down over the top of the punnet(s) to ensure there is limited light to the seeds underneath. The top tray acts like a lid.

Step 9 : Place in a dark warm place. Ideally not a cupboard. It is important to have good air flow around your microgreens to ensure there is no problems with mold. A small fan can help to achieve this very well. Make sure the surface that you place your tray on (shelf or table top) is level, so when you water later the water is evenly reaching all of your plants and not just sitting at one end of your bottom tray.

Step 10 : Later in the day uncover your top tray, remove the top wooden punnet and spray mist water directly on to the pea seeds.

Day 2 - Germination Stage

Spray mist water thoroughly twice a day (uncover your top tray, remove the top wooden punnet and mist directly on to the pea seeds).

Keep covered with the top black tray and keep warm.

Observe your seeds, you will start to see white/yellow shoots popping up

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Day 3

Spray mist water thoroughly twice a day (uncover your top tray, remove the top wooden punnet and mist directly on to the pea seeds).

Keep covered with the top black tray and keep warm.

Observe your seeds, you will start to see white/yellow shoots growing a little taller and if they are you can now remove the wooden punnets covering your seeds.

After watering put the top black tray over the seeds. Today / tomorrow the top tray will act as a lid, it creates a dome effect covering your seeds but giving them a little space to grow upwards. Moving you into the black out stage.

Day 4 - Blackout Stage

Spray mist thoroughly twice a day (uncover your top tray and mist directly on to the pea seeds).

This stage often gets forgotten but we feel it is a very important stage. By keeping your seeds in darkness for a further 24 hours it slightly stresses the plants as they are trying to find the light. What happens under the dome (top tray) is that the shoots are growing upwards and in turn lengthen in height. This little amount of stress actually strengthens the stems and overall your plants will be slightly taller and stronger once they hit the light (tomorrow)

Day 5 - Move into the Light

When you first move your seeds from the blackout stage to the light they will be yellow/white in colour, this is normal as they have been until now deprived of any light. The leaves soon start to change in colour (after a few hours) as the light stimulates the leaves.

Remove the top black tray and move your greens to an area where they can receive light. This may be indoors or outdoors (during warmer months). Your microgreens will grow more evenly if you keep them out of strong sunlight. If you decide to use a window sill then make sure you turn the tray regularly to ensure an even growth of your plants.

Favourable temperature range of 18 to 24°C and relative humidity (RH) of 40 to 60 per cent would meet the needs of most plants.

Make sure the surface that you place your tray on (shelf or table top) is level, so when you water later the water is evenly reaching all of your plants and not just sitting at one end of your bottom tray.

Once you move your pea shoots into the light you continue to water twice a day. The only difference is you now only water from the bottom, meaning pour water into the bottom black tray, ensuring the water covers the entire tray. The holes in the wooden punnets allow the water to soak up into the coir and feed the roots of your plants. When watering if you are unsure of how much water to use, we recommend less and keep checking your plants. If the wooden punnets feel heavy then the coir is probably moist enough. If the surface of the coir looks dry then add more water. Generally the centre of the punnets hold the most water and the outer edges will be drier.

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Day 6 - 7 - 8 - 9

Once you move your pea shoots into the light you continue to water twice a day from underneath.

Favourable temperature range of 18 to 24°C and relative humidity (RH) of 40 to 60 per cent would meet the needs of most plants.

Depending on the sunlight / grow light make sure you turn the tray regularly to ensure an even growth of your plants.

Day 8 - 10 - Harvest Day

For Pea Shoots we find the best day to harvest is day 10, but if you prefer a younger / sweeter tasting plant then from day 8 is also recommended. After day 10 pea shoots continue to grow and will become more bitter and fibrous in taste and texture if left too long.

To harvest your Pea Shoots

We recommend using a sharp knife (rather than scissors) to cut your live microgreens, this ensures they stay fresher for longer.

Harvest, Eat and Repeat.

Enjoy experimenting with using your Microgreens with different dishes.

Health Benefits

Pea shoots are a great source of three chemo-protective agents: folate, antioxidants, and carotene. Folate helps produce and maintain cells and protects against DNA damage. Antioxidants help the body fight free radical damage, commonly associated with high cancer risk.

MICRO PEA

Pea Shoot Microgreens are great for

- served with an omelette
- with seafood, such as prawns
- garnishes over salad bowls
- in wraps/ sandwiches / burgers / veggie burgers
- added to soups and stews
- added to pasta dishes, risottos
- with a cheese platter
- with stews

Pairs well with

- Lentils
- Goats Cheese
- Carrots
- Tomato
- Chicken/Slow cooked Beef
- White Fish



la ferme

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nutrient dense superfoods.**

**These tiny powerhouses
encapsulate all the benefits
of the mature plant in a
highly concentrated form.**