



All About: Pea Shoots

This time of year, a bit of green on the table is luxury! You can easily grow your own greenery for dinner by seeding some peas, then harvesting the tops of the plant. Pea shoots are the tender growing tips of any of the edible peas: shelling, snap, snow, or field peas (just avoid the toxic flowering plant called “sweet peas”).

Growing your own pea shoots is a simple way to increase your greens intake in the winter months. Not only are peas cheery little plants, they are hardy to cold temperatures, and the shoots are [sweet and nutritious](#). Plant your pea seeds in a container, on a super-sunny windowsill or under your seed-starting lights. If you’ve got season-extension capabilities outside, like a coldframe or low tunnels, you can plant these as soon as the soil is workable.

Peas and other legumes have the ability to take Nitrogen (one of three primary plant nutrients) from the air and convert it into a form that plants can use. When you pull up a pea plant, you can see the bumps or “nodules” on the roots. These store the converted Nitrogen for the plant’s use and leave some of it in the soil. For this reason, planting peas in your garden is a great way to feed the soil for your next crop. Or, plant them in a container that you later use for other crops or flowers. Plants are pretty amazing. Can you imagine if we humans could create our own food from the air?

For more details about growing and harvesting your own pea shoots, check out this [blog post](#).

