

Pea

Suggested varieties: *Sugar Pea Norli (mangetout)*; *Ambassador, Cavalier, Waverex (shelling)*

Vegetable

PLANT



Regularly sow seed 3cm deep in pots and transplant, or sow in two lines in 10cm wide rows (seeds 5cm apart). Space rows of plants 60-90cm apart

GROW



Protect seedlings from birds. Water established plants from when flowering starts. Mulch to conserve moisture. Support plants with wire mesh, netting or twiggy sticks

EAT



Cut 'mangetout' when pods are still flat; 'shelling' types when peas are felt through the pod (eg round pea, wrinkled, and petit pois). Pick regularly for more pods

Growing guide

Give it a go...

Average time to harvest

10-14 weeks

Equipment needed

Twiggy sticks, mulch (eg compost)

Germination time

7-10 days

Average plant size

90cm tall, 30cm wide

Family group to grow with

Legumes: beans, peas

Seed saving group

I - Annual, self-pollinating

Key nutritional content

Vitamin C, fibre, folate

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D
	🌱	🌱	🌱	🌱	🌱				🌱	🌱	

🌱 Sow indoors

🌱 Sow outdoors

🌱 Plant out/transplant

🌱 Harvest

🌱 Use cloche

2.5cm = 1 inch 30 cm = 1 foot

www.gardenorganic.org.uk

Pea

Vegetable

