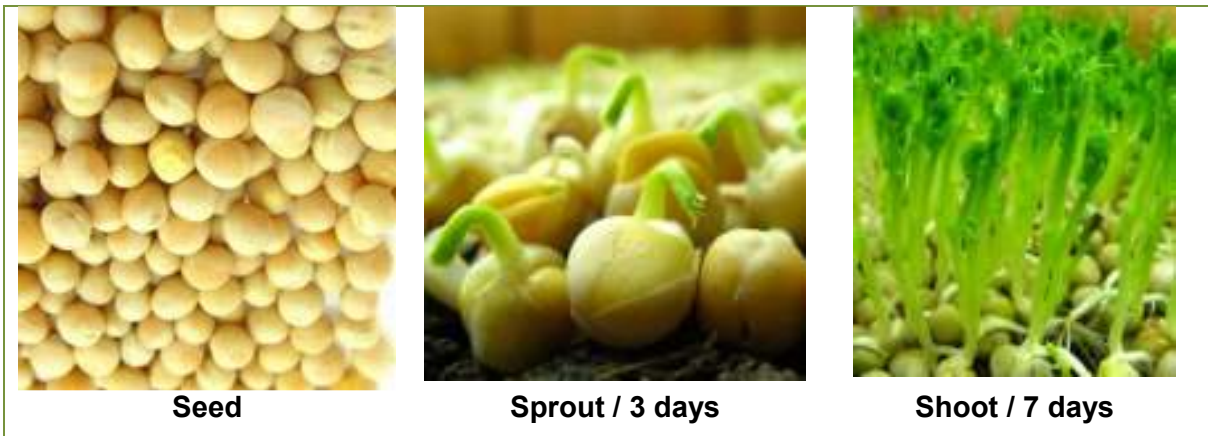


THE PEA

Soaking ***	Germination ***	Sprout ***	Watering ***	Conservation ***
12 hours	4 days	7 days	3 times / day	5-10 days (fresh)



Taste Taste of fresh pea but with a crunchy texture.

Appearance Large green seed.

Nutrient Rich in proteins, glucose, lipids and fibers. The pea also contains many minerals (potassium, phosphorus, magnesium, calcium and iron) and oligo-elements (zinc and copper). The vitamin content of the pea is high of the B (B1, B2, B3, B5, B6, B8, and B9), C and E groups.

Use If you choose to enjoy the pea as a sprout, you will need to blanch it at 40° prior to eating. More often appreciated as a shoot (approx. 8 cm), soft green in color with a white stem.

Tip After soaking, pea shoots can be grown by spreading the sprouts on a plate or any flat surface lined with cotton or cloth that is kept humid by spraying mists of water for a few days. You can grow peas in one level of a sprouter plater, placed over the water tray.