



GOAL: Let's grow some pea shoots at home to learn a little more about where food comes from.

GROW IT YOURSELF

ACTIVITY DIFFICULTY: MEDIUM

●●○ Ask Mom or Dad for help.

Your family has learned a little bit about where food comes from, but now it's time to get some hands-on experience. It's easy to cultivate several types of fruits, vegetables and herbs at home. Quick-

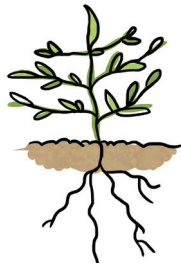
sprouting pea shoots are a great example for kids. Watching the seeds transform into an ingredient they can use will get them excited to try an unfamiliar food, especially since they grew it themselves.

WATCH 'EM GROW

tomato



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Tomatoes actually start off green and change color as they mature.

carrot

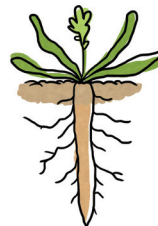


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All seeds need moisture, oxygen and the right temperature to grow.



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summer squash



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Blossoms need to be pollinated by bees to produce vegetables and fruit.

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About 10 days

About 20 days

About 45 days

About 70 days



WEEK 6
GROW IT
YOURSELF

When you're
done with this
week's activity,
color me in!



INSTRUCTIONS: Pea shoots are easy to grow. They'll be ready for harvest after just 10 days. Plant and care for them using the steps below, and write down any changes you notice in the field notes section at the bottom!

WHAT YOU NEED:



NEWSPAPER



SCOTCH
TAPE



A 28-OUNCE
ALUMINUM CAN

Use this ruler
to measure
how tall your
pea shoots
have grown

8

7

6

5

4

3

2

1



01

Fold one sheet of newspaper
in half lengthwise.
(Note: You can use a sheet of the
newspaper you get at home).



02

Place the can on its side and line up
the bottom with one edge of the
newspaper. A few inches of the other
edge should be above the can.



03

Wrap the newspaper
completely around the can,
and gently tape down the
edge to secure it.



04

Fold the extra newspaper hanging over
the top of the can and fold it toward
the middle to create a flat surface. Tape
the loose folds down completely.



05

Slide the can out to reveal your
DIY pot! Fill the pot with soil, leaving
 $\frac{1}{2}$ -inch of space at the top, and
plant your seeds 1-inch deep.



06

Place the pot on a plate. Pour enough
water into the pot to keep the soil
damp but not soaking wet; repeat when
you feel the soil getting dry.



CAMP
CONTEST

Share a photo of you
and your sprouts at
cook.ba/camp or on
Instagram by tagging
[@blueapron](https://www.instagram.com/blueapron) and
[#BAcookingcamp](https://www.instagram.com/BAcookingcamp)

FIELD NOTES

Date Planted:

Day/Days in ground:

Height:

Day/Days in ground:

Height:

Day/Days in ground:

Height:

PRO TIP

Add your pea shoots
to a salad or use as
garnish for breakfast,
lunch or dinner. Find
other recipes online at
cook.ba/activity6