



# GROW A SOUP

## PEA & MINT



### YOU WILL NEED:

- 2 packets of peas, a few different varieties
- Lots of twigs or canes
- Pea netting
- Garden twine
- 5 litre plastic plant pot
- 1 small garden mint plant



PEAS COME IN EARLY AND MAIN CROP VARIETIES – USE A MIX OF EACH TO HAVE PEAS ON YOUR PLATE FOR MONTHS INSTEAD OF WEEKS.

## Grow your peas...

### 1. PREPARE YOUR BEDS

If you want to grow peas in the spring, it's a good idea to dig lots of garden compost or manure into a bed at the end of the previous autumn or winter. You should also cover the bed with black polythene for a month before sowing to warm up the soil (as peas like warm soil!).

### 2. PLANT YOUR PEAS

Start sowing in March, and plant several rows two weeks apart until June. Sow in a flat-bottomed drill, 5cm apart and with 30cm between rows. Support dwarf varieties by pushing twiggy branches into the ground alongside the plants. Taller varieties will need canes or netting to grow up (tie stalks gently to these if needed).

### 3. PICK PERFECT PODS

Once your peas begin to flower, they need lots of water to fatten up the pods. Pick them regularly to encourage the production of more peas – as peas left to mature on the plant will stop it flowering and fruiting.

### 4. NEXT YEAR...

Peas have clever roots that lock nitrogen into the soil, so when your peas are all done, cut the foliage down and dig the roots into the soil. This nitrogen-rich bed is now the perfect place to grow potatoes next year!



# PEA & MINT SOUP

Grow your ingredients for this soup in the school garden! Try it served chilled for a refreshing summer lunch. Makes 4 servings.

## How to make it

1. Heat the rapeseed oil in a pan over a gentle heat, then add the Chinese leaves and peas.
2. Put the pan lid on and cook without browning for 5 minutes, stirring occasionally.
3. Add the water and stock, then bring to the boil and simmer for 15 minutes. Cool it a little.
4. Using a blender or food processor, whizz until completely smooth, stir in chopped mint and season to taste.
5. Reheat gently and garnish with cream and mint sprigs. Or to serve cold, chill for around 1½ to 2 hours and garnish just before serving.

## Before you begin

- Prepare your ingredients to a suitable level depending on the age and previous experience of the children
- Present your equipment and ingredients logically on the table to support your teaching and learning (we call this a set out)
- Make sure everyone removes any rings and nail varnish, ties their hair back, washes their hands and puts an apron on
- Discuss the ingredients and equipment – what they are, how to weigh and measure ingredients and what you'll be doing in the lesson

Per 228g serving

<b>ENERGY</b>	894kJ / 215kcal	11%
<b>FAT</b>	14.1g	20%
<b>SATURATES</b>	8.3g	42%
<b>SUGARS</b>	3.9g	4%
<b>SALT</b>	1.0g	16%

% of an adult's reference intake  
Typical values per 100g: Energy 392kJ / 94kcal

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (228g)
Energy	392kJ / 94kcal	894kJ / 215kcal
Protein	3.5g	7.9g
Carbohydrate (of which sugars)	4.9g (1.7g)	11.1g (3.9g)
Fat (of which saturates)	6.2g (3.6g)	14.1g (8.3g)
Fibre	2.6g	5.9g
Salt	0.4g	1.0g

## Ingredients

- 2 tablespoons rapeseed oil
  - 225g Chinese leaves (sliced)
  - 450g freshly shelled or frozen peas
  - 1 dessertspoon vegetable bouillon powder made up with 600ml water
  - 1-2 tablespoons chopped mint
  - Freshly ground black pepper
- For the garnish:
- 3-4 tablespoons single cream (optional)
  - Sprigs of mint

## Equipment

Chopping board, sharp knife, wooden spoon, measuring jug, large saucepan with lid, food processor or blender

## Show the children

- How to pod peas
- The claw technique to slice the Chinese leaves
- How to make up stock and measure liquids
- How to snip herbs with scissors in a jug
- Garnishing techniques

## Under supervision, children can:

- Pod peas
- Slice Chinese leaves using claw technique
- Measure liquids
- Snip herbs with scissors
- Swirl cream into soup as a garnish

## Skills

Claw knife technique, snipping herbs in a jug using scissors, using a jug to measure liquids, garnishing



**MAKE IT A BRIGHTER GREEN BY ADDING 50G FRESH SPINACH LEAVES AFTER 15 MINUTES OF COOKING.**