

Kids Grow Sweet peas

Sweet peas are pretty flowers that smell fantastic. They look lovely in the garden or in jam jar vases for your house. Just like magic, the more you pick, the more they grow!

Sweet peas like to climb so you'll need to make a tall pyramid of sticks for them to scramble up. They come in lots of colours - try a few varieties to see which ones you like best.

Popular sweet pea varieties

'Eleanor Udall'

Pink flowers

'Sweet Dreams'

A mix of pink, lilac & blue flowers

'King Size Navy Blue'

Navy blue blooms

'Winston Churchill'

Bright red flowers

What you'll need:

- Packet of sweet pea seeds
- Compost
- Pots or toilet roll tubes
- Cling film
- Sticks, canes, twine

Why should you grow them

Sweet peas are great for pollinators: Bees and butterflies love them for their scent and colours.

More fruit and veg:

Pollinators are attracted to the flowers but then go on to pollinate your fruit and vegetables.

Help the soil:

Sweet peas help to fix nitrogen from the air into the soil.

Great gift:

A bunch of sweet peas is a lovely way to say thank you.

FUN FACT!

Sweet peas are famous for their beautiful fragrance, but flies hate the smell of them!



Step 1: Start your seeds

- Fill your toilet roll tubes with compost and put them in a tray.
- Make a hole and drop two to three seeds in.
- Sprinkle compost over the seeds.
- Water the soil and cover with cling film.
- Put your tray on a warm, sunny windowsill. Keep the soil moist.
- In about a week, when the seeds have germinated, take the plastic off.



Step 2: Make your stick wigwam

- Choose a sunny place outside to plant your sweet peas.
- You can grow them in a container or the ground, but add some fresh compost or manure.
- Find three long sticks or canes.
- Push them into the soil in a triangle shape, about 30cm apart.
- Tie the canes together at the top to make a wigwam. The sweet peas will wind their way up the poles.



Step 3: Plant your sweet peas outside

- Take your sweet peas outside each day for about a week but bring them in at night.
- When they're ready, make a hole next to each cane and plant your seedlings.
- When they're about 10cm tall, pinch out the tip of each stem to make the plant bushy and strong.
- Sweet peas are thirsty. Water them every morning.
- Sweet peas keep flowering all summer if you pick the flowers regularly and remove any dead ones. This is called 'deadheading'.
- **Never eat the seed pods** - they're poisonous.