

955 Benton Ave., Winslow, ME 04901 • Phone: 1-877-564-6697 • Fax: 1-800-738-6314  
Email: [service@johnnyseeds.com](mailto:service@johnnyseeds.com) • Web Site: [Johnnyseeds.com](http://Johnnyseeds.com)

Used for salad mixes, as garnishes, or for eating fresh on their own, shoots are the first part of a plant that appear above the soil as it develops from a seed. Shoots can be a versatile, healthy, and profitable addition to your operation.

A variety of plants can be used for producing edible shoots — Johnny's offers the most common. The various flavors that shoots present make them popular in restaurants, farmers' markets, and specialty grocery stores. Producing shoots offers growers another option to extend their season. They can be grown indoors year-round or in a greenhouse.

Shoots are easy to grow in flats in a greenhouse, indoors under grow lights, or outside when the weather is warm enough (65°F/18.3°C). The following instructions will help alleviate variability within a single crop.

1. Soak desired amount of seeds for 8 hours before sowing.
2. Sow seeds into open flats filled with 1–1½" soilless media. Seeding density should be high enough so that there is approximately ¼" spacing around each seed.
3. Cover the seeded flat with a "nested" flat and lightly press down; this will push the seeds gently into the soilless media. Leave the nested flat in place for 2–3 days or until germination occurs and the nested flat lifts up.
4. Regularly mist or spray lightly to maintain moisture level, which is most important at this stage.
5. If mold becomes problematic from warmer temperatures:
  - Water from the bottom if possible to keep the soil dry on top. Placing a leak-proof tray under your seed tray will enable bottom watering. Be sure to drain trays regularly of excess water.
  - The use of circulation fans may reduce the incidence of mold by improving the overall air flow.
6. As seedlings are growing, gently run a plant stake or your hand over the plants; this helps to knock seed coats from cotyledons.
7. If some seed coats do not fall off readily, removal with fingers might be necessary. If the seed coats do not come off with gentle pulling, remove these plants from the crop at harvest.
8. Grow in an area without light if you prefer blanched shoots, which are more tender and will give a longer harvest window. Corn and pea shoots are the most commonly blanched shoots.
9. Harvest the shoots when they reach the desired size (see chart below) or what your market prefers. This should take 7–21 days, depending upon light, temperature, and the specific crop.
10. Cut shoots with a sharp knife or scissors just above the soil line. Transfer to a plastic bag or sealed container and refrigerate.

<b>Variety</b>	Buckwheat	Popcorn	Nasturtiums	Peas	Sunflowers*	Wheat**
<b>Harvest Size</b>	3-4"	3-4"	Leaves are 1" diameter	3-5"	3-4"	3-5"
<b>Flavor</b>	Mild, lettuce-like flavor	Sweet flavor	Spicy flavor	Mild, pea flavor	Mild, nutty flavor	Fresh, pleasantly bitter; mild sweet flavor as juice

\* For sunflower shoots, please note that while we conduct grow-outs of all our seed lots, there can be slight variability between them. We evaluate lots of both gray-striped and black oil seed types and select the best of these lots based on uniform emergence, shoot appearance, seed coat shedding, and color.

\*\* While wheat shoots are not recommended for fresh eating due to their high fiber content, they are very popular for juicing.