

MANGE TOUT ... GROWING GUIDE



YOU WILL NEED:

- Mange tout pea seeds. Varieties such as 'Carouby de Maussanne' or 'Orgeon Sugar Pod'
- Well-rotted manure or compost
- Spade
- Rake
- Label and pencil



WHAT TO DO:

- Mange tout peas are expensive to buy and are often flown long distances to reach the shops, but they are much easier to grow than you might think.
- Choose a sunny or partly shaded spot in a raised bed or border in the school garden or allotment. In spring, first dig the soil over, removing large stones and any weeds and then mix in well-rotted manure or garden compost.
- Rake over the soil to make it level and smooth. Then make a shallow trench about 4 cm deep and 10 cm wide the length of the row you wish to sow. Drop the seeds in so that they are about 3-4 cm apart and gently press into the soil. Cover with soil, label and water.
- Sometimes birds discover the seeds and peck them all out, so place twiggly branches over the surface or some sort of wire mesh guard.
- Tall peas like Carouby de Maussanne will need something to climb up as soon as you see the pea's shoots popping up. Put strong canes and pea netting along the row for the peas to grow up, but make sure the support is sturdy as they can blow over easily.
- As the plants grow keep weeding around them and water if the weather is very dry. Otherwise there is little to do until the flowers form and turn into delicious little pods. Pick these when they are about 4 cm long, being careful not to damage the plant as you pick them (use scissors to snip them off).

MANGE TOUT ... COOKING GUIDE

Crunchy sweet stir fry



A delicious combination of crunchy vegetables in a sweet chilli sauce! This is an easy and quick dish for children to make, and other vegetables can be added according to the children's preferences.



Skill Check (as appropriate for each Key Stage):

Follow a recipe; follow food safety & hygiene rules; chop using bridge/claw safely; use a vegetable peeler safely; use measuring spoons and cups; use the hob (with adult supervision); tidy away.

Equipment: Knife, chopping board, wok or large saucepan, measuring spoons, wooden spatula/spoon.

Ingredients:

- 4oz baby corn cut in half lengthways
- 4oz mange tout cut in half lengthways
- 2 medium carrots
- 2 large handfuls bamboo shoots (fresh or tinned)
- 2 tbsp sweet chilli sauce
- 2 dsp vegetable oil

Method:

1. Heat the oil in a pan. Add the carrots and cook for 3 – 4 minutes
2. Add the mange tout and the baby sweet corn and cook for a further 5 minutes
3. Add the bamboo shoots and the sweet chilli sauce.
4. Mix well and cook for 5 minutes
5. Serve and enjoy!

MANGE TOUT SALAD

This is another great vegetable which can be eaten in salads. Why not toss together some lettuce, peppers, tomatoes and spring onions with the mange tout to make a great nutritious crunchy salad. Add a vinaigrette dressing for some extra flavour!