



Black-Eyed Peas

Growing & Harvest Info

Plant black-eyed peas in moist soil and full sun, when soil temperatures reach a consistent 65 degrees F. Plant seeds 1-1 1/2 inches deep and 2-4 inches apart, depending on the variety. Before planting seeds, make sure the soil is moist. During the growing season, water black-eyed peas if rains are scarce.

Black-eyed peas will typically mature 60-90 days after planting. Depending on the variety, black-eyed peas can be harvested for several days or weeks. Pick peas as soon as the pods are 3-4 inches long. Carefully remove pods from the vine with scissors or a knife to avoid shocking the plant into non-production. Leaves are also edible at younger stages. Prepare them the same way as spinach or other greens.

Nutritional Benefits

Black Eyed Peas

| Source | Rating |
|----------|-----------|
| Vitamins | EXCELLENT |
| Minerals | EXCELLENT |
| Fiber | EXCELLENT |

Introduction

Black-eyed peas are a widely used ingredient in traditional soul food recipes of the South. Traditionally, they are eaten on New Year's Day to bring good luck and prosperity.

Preservation

Storing:

- Store pods in an airtight container or plastic bag. Keep in the crisper drawer of the refrigerator.

Freezing:

- Rinse peas in a colander under cold water.
- Blanch peas by boiling them in water for 1-2 minutes, draining, and then immediately placing in an ice bath for 1-2 minutes.
- Place peas on a large rimmed baking sheet in a single layer and transfer to the freezer. Freeze for about 45 minutes.
- Pack the frozen peas into airtight freezer containers with about 1/2 inch of headspace.

Drying:

- Wait 90 days after planting before harvesting to allow the beans to dry on the plant. Harvest when the pods are brittle to the touch and brown or yellow. Do not wait so long that the pods split open or you will lose some peas
- Remove the dried bean pods from the vine by pulling them gently or cutting them off with scissors or a knife.
- To remove the dried beans, open the pod with your fingers and push them out and into a bowl. Store the dried beans in an airtight container.

| Vegetable state | Use by |
|-----------------|----------|
| Refrigerated | 2 weeks |
| Frozen | 9 months |
| Dried | 1 year |



Black-Eyed Peas

Recipe 1: Black-Eyed Pea Salad

Ingredients

- 15.5 ounces black-eyed peas
- 1 tomato, chopped
- 2 bell peppers, chopped
- 1/2 red onion, diced
- 1 stalk celery, chopped
- 1 tbsp parsley, chopped
- 3 tbsp balsamic vinegar
- 2 tbsp olive oil
- salt and pepper, to taste

Directions

- In a bowl, mix the black-eyed peas, tomato, red bell pepper, green bell pepper, red onion, celery, and parsley.
- In another bowl, mix balsamic vinegar and olive oil. Season with salt and pepper. Drizzle over vegetables and toss.
- Before serving, cover and chill in the refrigerator 8 hours or overnight.

Recipe 2: Black-Eyed Pea Tacos

Ingredients

- 15.5 ounces black-eyed peas
- 1/4 cup onion, chopped
- 1 tbsp olive oil
- 1/2 cup vegetable stock
- 1 jalapeno, chopped
- 1 garlic clove, minced
- 1 tbsp lime juice
- salt and pepper, to taste
- 4 tortillas

Directions

- In a medium skillet, heat olive oil over medium heat. Add the onion and cook until tender.
- Add the black-eyed peas, vegetable stock, jalapeño, garlic, and lime juice.
- Season with salt and pepper to taste, and continue cooking until heated throughout.
- Spoon onto the tortillas and serve.

Pair black-eyed peas with veggies to enhance iron absorption!

Prepare black-eyed peas like this:

Slow-Cooked
Baked
Boiled
Dried

Try black-eyed peas in:

Stews
Soups
Salads
Salsas
Gumbos