



BLACK-EYED PEAS

SUMMER

FALL



ARKANSAS
Farm to School

U of A
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System



GROW

For spring planting, sow black-eyed peas 1 inch (in.) deep, spacing them 2 in. apart, with 24 in. between rows in a sunny, well-drained area. For fall planting, sow peas 65 to 75 days before the average frost date. Harvest black-eyed peas after 50 to 55 days for mature, green peas.



PREP

Rinse black-eyed pea pods with water. Shell the peas and discard the pods. Cook onions and garlic in a pot. Add water and chicken or vegetable broth. Add the black-eyed peas and a fully-cooked, smoked turkey leg for flavor. Cover and bring the ingredients to a boil. Reduce heat and simmer for 1 hour. Remove pot from heat and allow to cool for 10 to 15 minutes.

EAT

Enjoy black-eyed peas with entrées like chicken, fish, or pork! Macaroni and cheese, corn bread, and collard greens are also delicious side dishes paired with black-eyed peas. Savor Hoppin' Johns, a popular southern dish, made with black-eyed peas and rice.



LEARN

Black-eyed peas likely originated from India or south Asia and were introduced to the U.S. by enslaved Africans in 1675. Black-eyed peas are a **vegetable** and a **protein**! Researchers at the University of Arkansas have developed many disease-resistant high-yielding varieties of black-eyed peas.

