



# Know What You Grow!



## Black-Eyed Peas

**Scientific Name:** *Vigna unguiculata*

**Recommended Varieties:**

- CB46
- CB88
- California Blackeye
- Mississippi Silver
- Magnolia Blackeye

**Common Pest(s):**

Armyworms, loopers, podworms, powdery mildew and aphids.

[AgriLife Today](#)

[How Stuff Works](#)

[lpm.ucanr.edu](http://lpm.ucanr.edu)

### Growing Information

**Warm Season Plant**

Black-eyed peas will tolerate poor soil. In fact, like other legumes, they're often grown to improve the soil.

**Ideal Planting Window**

After any chance of frost, sow seeds directly in the garden 1/2 inch deep and about 2 inches apart. Thin them to 3 to 4 inches apart when they're easy enough to handle.

**Growing Guidance**

Pick the pods at whatever stage of maturity you desire -- either young and tender or fully matured to use dried. Black-eye bean varieties also are suitable for use as fresh-shelled peas, provided they are picked at color-break when pods first become yellow.

[Blackeye Bean Production](#)

All Photos: Creative Commons



## Interesting Facts

Black-eyed peas are part of a family referred to collectively as cowpeas or Southern peas.

Cultivated since pre-historic times in China and India, they are related to the mung bean. The ancient Greeks and Romans preferred them to chickpeas.

Brought to the West Indies by enslaved West Africans, by earliest records in 1674.

Originally used as food for livestock, they became a staple of the slaves' diet. During the Civil War, black-eyed peas (field peas) and corn were thus ignored by Sherman's troops. Left behind in the fields, they became important food for the Confederate South.

In the American South, eating black-eyed peas and greens (such as collards) on New Year's Day is considered good luck: the peas symbolize coins and the greens symbolize paper money.

They are a key ingredient in Hoppin' John (peas, rice and pork) and part of African-American "soul food".

Originally called *mogette* (French for nun). The black eye in the center of the bean (where it attaches to the pod) reminded some of a nun's head attire.

[Library of Congress](#)

## Contact Information



**RIVERSIDE COUNTY MASTER GARDENERS**

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## Nutritional Information

### Nutritional Value

One cup (170 grams) of cooked black-eyed peas contains the following nutrients; **Calories:** 194, **Protein:** 13 grams, **Fat:** 0.9 grams, **Carbs:** 35 grams, **Fiber:** 11 grams, Daily Value **Folate:** 88%, **Copper:** 50%, **Thiamine:** 28%, **Iron:** 23%, **Phosphorus:** 21%, **Zinc:** 20%, **Potassium:** 10%, **Vitamin B6:** 10%

### Easy Black-eyed Peas



#### Ingredients:

- 2 strips bacon, cut into ½-inch pieces
- 1/2 cup chopped onions
- 1 clove garlic, minced
- 1 15-ounce can black eyed peas, rinsed and drained

#### Prepare:

Cook the bacon pieces in a sauce pan over medium heat until crisp. Add the chopped onions and minced garlic and cook for 3 minutes, stirring occasionally.

Add the black-eyed peas to the onions and reduce heat to low. Cook, stirring occasionally for 10 minutes. Serve.

[One Dish Kitchen](#)