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## ulleye

Thu, 02/07/2015 11:26 -- Miss Lady Bug

Cowpeas are a beautiful, old-time southern pea. They thrive in hot, humid weather and are favored by many Southerners.

Purple Hull can be eaten young as a snap pea, but is mainly grown for dry peas, where the pods are left on the vine until they are mature and dry. The young, green shoots are also edible.

This heirloom is a bush to semi-vining plant that produces purple pods that are six to seven inches long. The pods grow in bunches which makes for easy harvesting. The seeds are cream colored with pink or purple eyes.

Plant in full sun when the danger of frost has passed, and the soil has warmed. Soak seeds for a couple of hours then sow one inch deep and four to six inches apart. Matures in 65-70 days.

Cowpeas are native to Nigeria, where they were originally transported to the New World aboard slave ships in the eighteenth century.

They are a carbohydrate loaded with calcium, protein, and minerals, and they also contain vitamins B6 and K.

It's a tradition with many in the south to serve southern peas on New Year's Day for prosperity in the New Year.

Best served with onions and cornbread!

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