

Black-eyed Peas

- [Phytopedia](#)
- [LENTIL](#)



Black-eyed pea prevents osteoporosis, heart disease and some cancers.

GEEK TALK

Vigna unguiculata

BUT WE TALK

Black-Eyed Bean

DID YOU KNOW?

A subspecies of the cowpea, black-eyed peas make a delicious side dish or a great compliment to salads or soups. Black-eyed peas are very popular in southern U.S. cuisine and the most common variety is the California black-eye, which is pale-colored with a large black spot, or eye.

The pea easily mutates creating many varieties sometimes with the spot being brown or purple and growing black-eyed peas are believed to be very beneficial to the soil.

Black-eyed peas are believed to bring good luck as many eat them on New Year's or Rosh Hashanah, believing they help bring future prosperity.

KITCHEN PHARMACY

- Black-eyed peas are believed to help lower bad cholesterol and have even been linked to helping prevent osteoporosis, heart disease, and some cancer types.
- It remains an excellent source of fiber and iron.

