

# BLACK EYED PEA LEAVES

*VIGNA UNGUICULATA*

While popular worldwide, black-eyed pea leaves originate in Western Africa and are primarily produced in Nigeria, Ghana, Senegal, and Cameroon to this day. Closely related to the asparagus bean, black-eyed pea leaves are a staple in many cuisines and are often cooked or stewed to limit bitterness. The soft green, oval-shaped leaves are harvested young for consumption and can be eaten fresh or cooked.



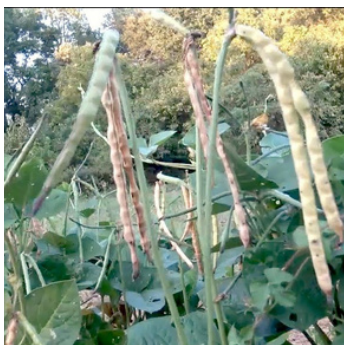
## SEEDING

- Seeds can be found at True Love Seeds.  
Scan the QR code to view and purchase.
- Sow seeds directly into the soil
- Start seeds no later than June 1
- Direct seeded four to six inches apart; three rows in a 40" bed (Jang Seeder, N-6 Roller)
- Water two to three times per week



## PLANTING

- Use six-inch-spaced drip irrigation, 2-3 times per week
- 50 days to maturity
- Trellising with cattle panels or string mesh netting helps support plants and make leaf harvest easier, but are not necessary



## HARVESTING

- Harvest main leaves once matured
- Pinch or cut leaf below the main leaf stem
- Harvest no more than ~30% of leaves per week to allow for regrowth

## WASHING + PACKING

Wash leaves with dunk method. Store dried leaves in a cooler till ready for distribution. Leaves can be packed and stored in produce bags near 40 degrees.

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