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.





LEARN MORE
ABOUT CITY SPROUTS
BY VISITING

OMAHASPROUTS.ORG



This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under agreement number 2022-38640-37486 through the North Central Region SARE program under project number FNC23-1373. USDA is an equal opportunity employer and service provider. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.

