



Cowpea, southern pea or field pea (English), 眉豆 (méi dòu, Mandarin), imbumba (Zulu), pois à vache (French), dinawa (Setswana)



# Black-Eyed Peas

*a taste of Africa on the Floridian table*

Black-eye peas originated in Northern Africa, and today they are a traditional Southern American crop that is also well-known as a key ingredient in African-American ‘Soul Food.’ It is a nutritious pea that is easy and inexpensive to grow in a small home garden because it does well in poor soils and hot-dry climates.

To learn more about Florida’s culinary history, visit [floridaheritagefoods.com](http://floridaheritagefoods.com)

Young women shelling peas at the Daytona Industrial Institute (1912). State Archives of Florida, Florida Memory



# SOUTHERN PEA SOUP

**240**  
MINUTES  
TOTAL

**12**  
TOTAL  
SERVINGS

## INGREDIENTS

- |   |   |
|---|---|
| 1 cup dried black-eyed peas             | 3 cups collard greens or spinach, chopped |
| 2 cups dried split peas                 | 2 teaspoons grated lemon peel             |
| 3 lean ham hocks with extra fat removed | 1/3 cup lemon juice                       |
| 6 cups water                            | 1 teaspoon dried thyme                    |
| 1 large onion, chopped                  | 1/2 teaspoon freshly grated black pepper  |
| 2 medium turnips, peeled and diced      |   |
| 2 carrots, peeled and sliced            |   |

## DIRECTIONS

1. Soak black-eyed peas overnight in water to cover.
2. Place the black-eyed peas in a crockpot or large soup pot.
3. Add split peas, ham hocks, and water.
4. Simmer over low heat for 4 to 6 hours or until black-eyed-peas are tender.
5. Remove hamhock bones.

Recipe adapted from Morrison, Sally. 2011. Cross Creek Kitchens: Seasonal Recipes and Reflections. p.37



## FACTS

Black-eye peas are a popular slow-cooked side dish in Southern cuisine and Soul Foods featuring pork such as 'Mississippi Caviar' and 'Hoppin' John.' Yet they are also prepared as the main meal for good luck on New Year's Day.

Black-eyed peas are rich in protein, fiber, magnesium, iron, zinc, folate and copper.

For more Florida heritage recipes, visit [floridaheritagefoods.com](http://floridaheritagefoods.com)

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