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Recipes provided by Chef Pam Coleman

Vegetarian Black-Eyed Peas, 4 servings

Recipe Ingredients

- 2 TBSP vegetable oil
- 1 medium onion, chopped
- 2 mini sweet peppers, chopped
- 2 cups vegetable broth
- 2 cups black-eyed peas, frozen or dry
- 3 cups of water
- 1 TBSP tomato paste
- 1 TBSP dark brown sugar
- 1 pre-packed seasoning pack
- 1 green onion, chopped (optional)



Pre-cooking Preparation Steps: Choose a method to prepare your beans for cooking. There are two ways to prepare Black-Eyed Peas for cooking.

1. **Quick Soak:** Place Black-Eyed Peas into a pot and cover with water. Water should be about an inch over the beans. Bring the water to a boil, turn it off, let the beans sit in warm water for an hour, and then drain.
2. **Overnight Soak:** Place Black- Eyed Peas and water in a pot let stand overnight, and drain

Recipe Cooking Steps:

1. Gather all the ingredients together before you start. It makes it easier!
2. In a large pot, heat the olive oil over high heat. Add onions and sweet peppers, stirring constantly, until soft.
3. Add the vegetable broth, black-eyed peas, water, tomato paste, and brown sugar, and bring to a boil.
4. Add seasoning packet (2 tsp each of garlic powder, onion powder, and seasoned salt). Stir to blend seasonings.
5. Turn down the heat to low, cover, and simmer for 1-1/2 hours or until the Black-Eyed Peas are tender. While the beans are cooking, check the water level often. Add more water as needed.
6. Serve with sliced green onions and enjoy! You can also add cornbread for an authentic Southern tradition.

Planting Black-Eyed Peas with Master Gardener Mr. Pikle:

1. Disperse the black-eyed peas all around the garden bed and press them down about a half inch into the soil. Don’t worry too much about how deep they are in the ground. Spread them over the full bed so they grow everywhere to fully cover and shade the ground.
2. Water the bed thoroughly after planting. Black-eyed peas are hardy plants that don’t need too much attention after planting.
3. After the peas are done growing and you are ready to take them out of the garden bed, make sure to only cut the stems and don’t take the roots out of the soil. The roots have nitrogen in them which will help replenish the soil over the summer. You could also just leave the full plant in the garden!

How a plant grows from a seed



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Meet your Farmer:

Hayden Flour Mills is a family-run farm with roots in Tempe, AZ. The Mill is dedicated to reviving forgotten native grains from the ground up in the Arizona desert. They are devoted to reviving stone milling heritage and ancient grains through regenerative and sustainable practices that are better for both people and the planet.

Education: Cover Crops

A *cover crop* is grown for the protection and enrichment of the soil rather than for food production. Soil is full of life, including helpful microbes and other critters that help the plants grow. The soil also contains important nutrients that feed plants, like nitrogen and phosphorus. These nutrients can be removed from the soil as plants grow and can make it harder for new plants to grow. To protect and re-feed the soil, many farmers choose to plant cover crops that enhance and protect the soil by adding organic matter and nutrients back to the soil while also protecting it from wind and water erosion. Legumes, like black-eyed peas, are commonly used as cover crops because of their ability to convert atmospheric nitrogen (which is not directly available to plants) into plant-available nitrogen in the soil. They also help shade the soil and provide moisture so that the soil does not dry up and can continue to support microbes and critters during the summer. Cover crops are typically left in the soil rather than fully harvested so that all of the organic matter can be put back into the ground and can feed the next life cycle of crops. **Source:** [University of Arizona Cooperative Extension](#)

Cultural History of Black-Eyed Peas:

The first origins of black-eyed peas are linked to plant species in Africa over 6,000 years ago. Brought to America with the enslaved people from Africa as early as 1674 as food during their passage across the Atlantic Ocean, black-eyed peas were planted in gardens of enslaved populations in the South and would remain an important food item for enslaved communities. During the Civil War, Union armies destroyed food supplies and crops, except black-eyed peas because these foods were seen as food for livestock. As a result of this, Confederate soldiers and southern communities would turn to black-eyed peas as food and the stigma about only being food for the enslaved would start to fade. In the years after the war, planting black-eyed peas was encouraged because they *cover* crops that don't need fertilizer, and help replenish the soil after cotton production. Today, black-eyed peas are used in stews, soups, fritters, or served with rice. **Source:** [JSTOR Daily Plant of the Month](#), [Plant Humanities Lab](#).

As a result of the close connection between black-eyed peas and southern food, there is one more tradition that includes black-eyed peas: New Year's Day! Black-eyed peas have been linked to good luck and prosperity for the new year and are often served with greens to represent money. There are many versions of where this belief came from; some link it to the Confederate soldiers who were lucky to have something to eat. Many associate this tradition with the signing of the Emancipation Proclamation on New Year's Day 1863. Some say that "if you eat poor on New Year's, you'll eat fat the rest of the year", and others believe the beans represent coins and will help you find wealth. No matter what you believe though, it can't hurt to make a pot of black-eyed peas and share your 'wealth' with your loved ones! **Sources:** [NYT Black-Eyed Peas](#), [Modern Farmer](#)

Culinary Skills:

The smoke point of oil:

Every kind of oil that is used for cooking has a specific smoke point or burning point where the fats inside it are breaking down, which could give your food a burnt or bitter flavor. You know that oil has reached its smoke point when it stops glistening and starts smoking. Smoke points can range from a relatively low 325 F (as with extra virgin olive oil) to a high 510 F (safflower oil) depending on the oil being used. Because of this wide range of temperatures, different kinds of oils are better suited for certain kinds of cooking than others. The higher the smoke point, the more types of cooking methods can be used with that oil. **Source:** [Serious Eats](#)

This kit was made possible due to generous support from:

