



Gandules (Spanish), तूर (toor, Hindi), 印度的木豆 (yīn dù de, Mandarin), ሩቅሳሳ (Kabūtura vaṭāṇā, Gujarati), mbaazi ya njiwa (Swahili), digir xamaam (Somali)



Pigeon Peas

a taste of Africa on the Floridian table

Pigeon pea is an ancient plant that has been in cultivation for more than 3000 years in parts of Africa and India. It spread to the Americas through European colonialism during the 17th century, and it is an important food crop in tropical and semi-tropical areas throughout the world. Pigeon pea is a critical source of food for humans and livestock in drought-prone areas because it is resilient against long periods without rain. The hardy nature of the pigeon pea is receiving greater recognition among a growing number of home gardeners and small farmers in Florida today.

To learn more about Florida's culinary history, visit floridaheritagefoods.com

Young farmer in green pigeon pea field



CHRISTMAS PEA SALAD

25
MINUTES
TOTAL

14
TOTAL
SERVINGS



INGREDIENTS

- | | |
|-------------------------------------|--|
| 1 15-ounce can of red beans | 6 sprigs parsley, minced |
| 1 15-ounce can of black beans | 1 bottle raspberry walnut vinaigrette |
| 1 15-ounce can of green pigeon peas | 3 hard-boiled eggs, peeled and sliced, for garnish |
| 6 green onions, minced | |

DIRECTIONS

1. Drain and rinse the beans and peas.
2. Place in a mixing bowl with green onions and parsley and mix well.
3. Pour raspberry walnut vinaigrette over the vegetables, cover, and refrigerate overnight.
4. Serve on a bed of lettuce or mixed salad greens and garnish with egg slices.

Recipe adapted from Dean Phelts, Marsha 2008. The American Beach Cookbook. University of Florida Press. pg 70

FACTS

The earliest evidence of cultivation dates to 3400 years ago in the southern peninsular region of India, and the earliest evidence in Africa is found in an Egyptian tomb more than 2000 years old. Nearly five million tons of pigeon pea is produced globally each year today, and it remains an important food crop for people and livestock in regions that rely on non-irrigated rain-fed agriculture because it is resilient to short drought periods.

Pigeon Peas are rich in protein, vitamins A and B6, calcium, iron, folate, thiamin, niacin, riboflavin, phosphorus, magnesium, potassium. Fresh are more nutrient-dense than dried.

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