

Try Me!

Pigeon Peas

Fun Facts:

- The pigeon pea, also called the Congo or Gunga pea, is a widely grown legume with a variety of uses.
- It is considered an environmentally beneficial plant as it can enrich soil.
- Although it can grow in any warm climate, the pigeon pea is particularly popular throughout tropical regions.
- The cultivation of the pigeon pea goes back at least 3000 years.
- It is a perennial which can grow into a small tree.
- Their low, shrubby appearance makes them an excellent low hedge or windbreak.
- Used as both a food crop (dried peas, flour, or green vegetable peas) and a forage/cover crop.
- In some places, the stems of the plant are used to make thatch or fencing materials.
- In India, split pigeon peas are one of the most popular beans.
- In Ethiopia, not only the pods but the young shoots and leaves are cooked and eaten.
- In the Dominican Republic and Hawaii pigeon peas are grown for canning.
- The origin is most likely from Asia, from where it travelled to East Africa.

Pigeon peas contain high levels of protein and the important amino acids methionine, lysine, and tryptophan.



The flavor of pigeon peas is often described as nutty, like a rich grain.

Store-bought pigeon peas can usually be found in green, white, or black colors, although there are many different colors grown.

Cooking Throughout the World:

- The peas are popular in many areas, although they are most often described as a Caribbean or even a Cajun delicacy.
- In India, they are blended with lentils to make daal, a popular soup-like curry.
- They are known throughout the West Indies in combination with rice or other grains, and usually served highly spiced.
- African cuisines often prepare pigeon peas with a coconut broth, often using hot peppers to add a strong bite to the dish.