

CROWDER PEAS

Crowder peas are from the same family as black-eyed peas and cowpeas. They are legumes, which is a plant with pods which contain edible seeds. Crowder peas are not only excellent for eating, but they also enrich the soil with nutrients as they grow. Crowder peas are a good source of dietary fiber as well as Vitamins A and C.

TO COOK CROWDER PEAS

Wash shelled peas and drain in a colander. Cook 3 cups of peas in enough water to cover them. Add 1 tsp salt to water and bring to a low boil for approximately 35-40 minutes.

Season with pepper and butter.

Crowder peas are excellent with chowchow and cole slaw.

This recipe provided by Bush-N-Vine Farm.

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"I got mine at the Bush-N-Vine"