

Cowpea

Cowpea is legume that is more tolerant to heat and pests than other beans. There are many varieties that can be prepared as green beans or shelled peas, or used as a cover crop or fodder. It is a good source of protein and fiber.

Scientific name: *Vigna unguiculata* (L.) Walp.

Days to harvest: 60-75 days

Plant spacing: 4-8 plants per foot, 30 inches between rows

Planting depth: 1-1.5 inches deep



Other Names:

blackeyed pea, southern pea, yardlong bean, catjang, crowder pea, lubia, niebe, coupe, frijole

Major Diseases & Pests



Birds



White flies



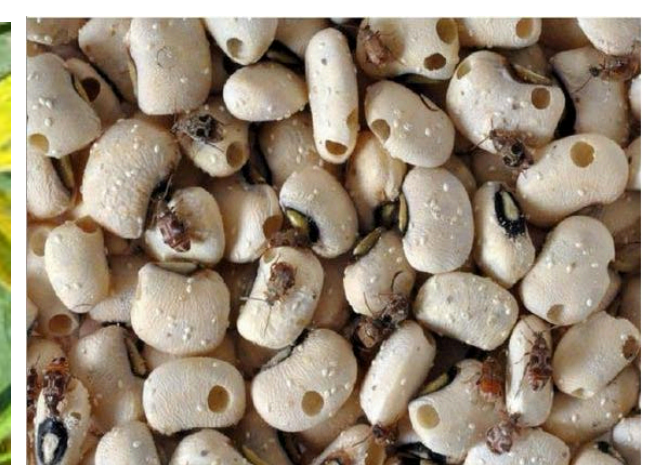
Looper



Root knot
nematode



Powder
mildew



Weevils

Harvest and Storage



- Cowpea can be harvested at three different stages of maturity: green snaps, green-mature peas, and dry peas.
- Store green-mature cowpeas in a cool, well-ventilated area.
- Dry cowpea seed is cleaned, graded, and packed in small plastic bags.

Selection and Preparation

Cowpea can be used as a vegetable at all stages of growth.

- Prepare tender green leaves like spinach.
- Green snaps are used as a boil, steamed, and stir fry vegetable or add soups, stews, and other dishes.
- Green cowpea peas can be boiled as a fresh vegetable, canned or frozen.
- Dry mature seeds are suitable for boiling and canning.



Cowpeas, mature Boiled, no salt

Nutrition Facts	
Serving size	1 cup (171g)
Amount Per Serving	
Calories	200
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 36g	13%
Dietary Fiber 11g	39%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 13g	26%
Vitamin D 0mcg	0%
Calcium 41mg	4%
Iron 4mg	20%
Potassium 475mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



COOPERATIVE EXTENSION

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