



# Purple Hull Peas

## Nutrition Facts:

- Good source of protein = important for building and repairing tissue
- Rich in fiber = digestive health
- Purple hull peas also contain good amounts of key vitamins and minerals such as folate, thiamin, and iron.



## *Did you know?*

Purple hull peas are closely related to black-eyed peas and can also be called cowpeas or southern peas. Purple hull peas and black-eyed peas are a very popular vegetable in Arkansas and should be planted in mid- to late spring when the soil is very warm.

