

APRIL 2024 | LEGUMES

HARVEST OF THE MONTH

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KNOW IT!

Legumes are plants that include pods, like beans, peas and lentils. In Georgia, we grow a variety of Southern field peas, like black-eyed peas, purple hull peas, zipper peas, and many more. You can buy them fresh when in-season, or dried, frozen, and canned all year long.



FAMILY ACTIVITY! GROW A GARDEN



April is National Gardening Month. Growing food helps children develop fine motor skills, provides sensory input, and supports their emotional well-being. Children are also more likely to try a veggie or fruit they helped grow! Find your [local Extension office](#) for more help getting started.

MAKE IT!

GEORGIA CAVIAR

This cooking activity is a great snack or appetizer!

Ingredients

- 4 cups cooked black-eyed peas (or 2, 15 oz cans, drained and rinsed)
- 2 cups cooked corn (or 1, 15 oz can, drained and rinsed)
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1 small, sweet onion, chopped
- Optional: fresh cilantro or parsley, torn into small pieces
- ¼ cup sugar, ¼ cup white vinegar, ¼ cup vegetable oil (or substitute Italian dressing)

Directions

- Help your child combine the black-eyed peas, corn, peppers, onions, and herbs.
- Place the sugar and vinegar in a saucepan over medium heat, and stir until sugar is dissolved. Remove from heat and whisk in oil.
- Pour the dressing over the bean mixture, and let your child stir to combine.
- Refrigerate for about an hour before serving. Drain off any excess dressing and serve with crackers or tortilla chips.

