



**C**owpea, popularly known as blackeye pea is an important

grain legume in South Africa and many parts of Sub-Saharan Africa.

The seeds are rich in protein (24.8%), carbohydrate (63.6%), vitamins and other essential nutrients. As a food, it is eaten in the form of dry seeds, green pods, green seeds and tender green leaves. In many rural communities of Limpopo province, the leaves are eaten as vegetables known as *morogo*.

**Want to know more about cowpea production?**

Visit the ARC website:  
[www.arc.agric.za](http://www.arc.agric.za)

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**COWPEA**

**Important  
for food  
and feed**

