

Pigeon Peas

Cajanus cajan



When to Plant: Late Spring, early Summer

When to Harvest: As early as 2 to 8 months after planting

Uses in Medicine: Has been used to help treat diabetes, energy stimulant, as an analgesic, used to kill parasites, leaves have been used to aid constipation as well as in oral ulcers and inflammation, can be used as a poultice over breasts to aid in lactation.

Uses in Cooking: Very protein rich and is commonly used as a part of vegetarian diets.

Fun Facts: Also known as gungo pes, red gram, and tur in Jamaica; first seed legume plant to have its complement genome sequenced.

