

Post: Brown Pea History



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History series: part 2

I was looking at recipes for pea butter, when I came across brown peas. They have an interesting history to share.

<https://organicpeaprotein.eu/the-brown-pea-story/>

In our travels around Europe we have found out that actually brown peas can be found everywhere although they are largely disappearing. We think that Brown Peas (also called Grey Peas, Pois Gris or Kapuziner Erbsen) were the dominating type of peas all over Europe in the medieval times. Then yellow peas and green peas took over. In medieval times – before potato was introduced from the New World – brown peas, barley and beans were the staple food in Europe. Latvians have eaten brown peas for centuries (maybe where the oats peas beans and barley grow song came from).

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