

# Revival of the Carlin Pea

## Background

Carlin Peas - sometimes also known as brown, maple or pigeon peas are a great substitute for chickpeas – they have a similar nutty taste and are much easier to grow in this country. In most areas of the UK, they are a forgotten food, but you will still find them in specific regions such as Lancashire or Newcastle where they are eaten out of a cup, sprinkled with salt and vinegar. In these regions, they are commonly eaten on bonfire night or Carlin Sunday, around March.

The tradition of Carlin Sunday dates back to a Medieval feast day in the 12<sup>th</sup> Century when a dole was given to the poor in the form of dried peas. Carlin Peas also feature in a tale from the civil war in 1644, when Newcastle was under siege from the Scots, and a stranded shipload of peas saved many people from starvation.

It's only more recently they've had a revival, promoted by the company, Hodmedods marketing Carlin Peas grown in Gloucestershire and Shropshire. The consumption of UK pulses has fallen over the last 100 years, where they've been relegated to an accompanying side dish. We're all aware that we need to increase the proportion of protein that we get from plants in our diet to reduce our climate impact. Chickpeas are already popular in many dishes in the UK, but it would be preferable to make better use of home grown legumes.

Our Heritage Seed Library has several varieties of pea that are good for drying: the Latvian Pea is similar to a Carlin Pea with a lovely nutty taste and is traditionally eaten at Christmas. Minerva is a standard Carlin Pea that has been traditionally grown in the UK.



## Aims of this experiment

We would like to trial several varieties of drying pea at different locations around the UK and evaluate them for growth, yield and acceptability with our members.

## What we need from you:

Space: 2 1 x 1 m plots

Growing care: sowing, planting out and watering the plots

### Measurements

- Record date of first flowering
- Record date first pods form
- Record how much you harvested
- Cook it and tell us what you think

### Included in this pack

- Instructions
- Dried peas – varieties Minerva and Grey Latvian
- Recording sheets

## Instructions

### Sowing – Mid March

- Fill 40 2" (5 cm) pots or large cell trays with seed compost
- Sow one seed in each pot to a depth of 2 cm
- Keep in a warm place to allow to germinate
- Germination can take 1 - 2 weeks

### Plant care – April - May

- Keep the plants in a warm light place such as an unheated glasshouse to allow them to develop
- Once they have developed a couple of true leaves, put the pots outside during the day to allow the plants to harden off

### Bed preparation – Early May

- Weed the bed and add compost so that it has moderate levels of fertility
- Construct two wigwams of twiggy sticks, around 2 m high, to allow the plants to climb. Build one wigwam for each variety

### Planting out – Early May

- Plant out the 15 best plants around each wigwam, ensuring that you are planting the same plants around each of the two wigwams
- Water as necessary and look for slugs at night. Replace any plants that get badly damaged
- Encourage them to climb up the wigwam
- Weed the plots as needed

### Monitoring

- Record the date of first flowering and first pod set

### Harvesting – end July onwards

- Allow the peas pods to dry on the plant until pods are thin and papery
- Harvest once the pods are dry to prevent them from dropping the peas
- Count the number of pods harvested, and weigh the peas
- For a single harvest in August, take 5 typical pods and count the total number of peas for each variety

### Taste test – August

- Soak the dried peas overnight
- Bring to the boil and simmer for about an hour until tender

## Recording sheets

Please note that it is not necessary to provide your name and address on the recording sheet.

Many thanks for your support and for taking part in this experiment.

**Please enter the data online using this link:**

<https://www.gardenorganic.org.uk/what-we-do/citizen-science-and-research/members-experiments/the-revival-of-the-carlin-pea>

Electronic versions of these instructions are also available at the link above.

**You can now store results on the form as you go** – press ‘Save’ and it will email you a link, which you can then use to resume entering results. Please keep this email in a safe place so that you can retrieve the results. If you do lose it, then you will need to email us at [experiments@gardenorganic.org.uk](mailto:experiments@gardenorganic.org.uk) and ask for a new link. Alternatively you can save the link as a bookmark in your browser so that you can readily access it.

We welcome good quality photos. The best ones may be published in our magazine and on social media. Please send photos to [experiments@gardenorganic.org.uk](mailto:experiments@gardenorganic.org.uk). Unfortunately, we are unable to use hard copy prints.

### Returning forms by post

If you prefer to use post, you can return the record sheets to us by **30 November** at the following address:

Members' Experiment Coordinator  
Garden Organic  
Ryton on Dunsmore  
Coventry  
CV8 3LG

# Recording sheets

## Your site

**What is the first half of your postcode?**

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### Soil type

- |                                     |                                      |                                |  |
|-------------------------------------|--------------------------------------|--------------------------------|--|
| <input type="checkbox"/> Very sandy | <input type="checkbox"/> Quite sandy | <input type="checkbox"/> Silty | <input type="checkbox"/> Mix of sand, silt and clay (loam) |
| <input type="checkbox"/> Some clay  | <input type="checkbox"/> Heavy clay  | <input type="checkbox"/> Peaty | <input type="checkbox"/> Chalky                            |

### Shading of plot

- |                                 |                                      |                                |
|---------------------------------|--------------------------------------|--------------------------------|
| <input type="checkbox"/> Shaded | <input type="checkbox"/> Semi shaded | <input type="checkbox"/> Sunny |
|---------------------------------|--------------------------------------|--------------------------------|

## Your plants

### Sowing and emergence

**What date did you sow peas?**

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**Did you sow them directly or in pots?**

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| <input type="checkbox"/> Directly | <input type="checkbox"/> In pots |
|-----------------------------------|----------------------------------|

**What date did they first emerge?**

Carlin Peas	Latvian Peas

**What date did you plant out?**

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**How many plants did you plant out? (Ideally 15)**

Carlin Peas	Latvian Peas

**What was the final number of plants that survived beyond one month after planting out?**

Carlin Peas	Latvian Peas

**Flowering**

Please estimate the date when each variety started flowering	
Carlin Peas	Latvian Peas

**Pod set**

Please estimate the date of first pod set for each variety	
Carlin Peas	Latvian Peas

**Harvesting**

Please harvest when pods are dry. We recommend taking a harvest once a week when pods are dry to prevent them splitting and dropping.				
	Carlin Peas		Latvian Peas	
Date	Number of pods	Weight of peas (g)	Number of pods	Weight of peas (g)

In August, for a single harvest, please count the total number of peas in five typical pods for each variety	
Carlin Peas	Latvian Peas

Did the Carlin Peas or Latvian Peas suffer from any pests or diseases?

Taste test

Please rate how pleasant / Sweet / Bitter the Carlin Peas tasted:					
	Very unpleasant	Unpleasant	Neutral	Pleasant	Very pleasant
Pleasant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Not at all	Slightly sweet	Quite sweet	Sweet	Very sweet
Sweet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Not at all	Slightly bitter	Quite bitter	Bitter	Very bitter
Bitter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Please tick any of the other boxes that apply to the Carlin Peas					
	Salty	Nutty	Earthy	Mealy	Creamy
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Any other comments on the flavour?					

Please rate how pleasant / Sweet / Bitter the Latvian Peas tasted:					
	Very unpleasant	Unpleasant	Neutral	Pleasant	Very pleasant
Pleasant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Not at all	Slightly sweet	Quite sweet	Sweet	Very sweet
Sweet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Not at all	Slightly bitter	Quite bitter	Bitter	Very bitter
Bitter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Please tick any of the other boxes that apply to the Latvian Peas					
	Salty	Nutty	Earthy	Mealy	Creamy
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Any other comments on the flavour?					

Please share any ways that you cooked Carlin or Latvian Peas?

Please tick the box that best applies to your experience with growing Carlin Peas					
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
I found Carlin Peas easy to grow	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Carlin Peas were productive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I enjoyed eating Carlin Peas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Carlin Peas could be grown as an alternative to chickpeas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please tick the box that best applies to your experience with growing Latvian Peas					
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
I found Latvian Peas easy to grow	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Latvian Peas were productive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I enjoyed eating Latvian Peas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Latvian Peas could be grown as an alternative to chickpeas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Any other comments

Would you grow Carlin Peas again?					
Definitely not	Probably not	Perhaps	Quite likely	Definitely	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Would you grow Latvian Peas again?					
Definitely not	Probably not	Perhaps	Quite likely	Definitely	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Please answer the following questions about members experiments.

Please tick which of the boxes you think applied to your experience of taking part in the members' experiments this year.					
	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I enjoyed taking part in this experiment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt I learnt something new	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt I was contributing to something useful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am likely to take part again	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other comments					
Any suggestions for future Members experiments					