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Adams Flavors, Foods & Ingredients Introduces Recipes for Bringing Prosperity and Good Luck to the New Year

Gonzales, TX (December 9, 2011) Adams Flavors, Foods & Ingredients, makers of Adams Extracts & Spices, introduces a few easy and flavorful recipes for black-eyed peas, a traditional dish for the New Year, that symbolize prosperity and good luck.

Eating black-eyed peas on New Year's Day is a well known tradition. Black-eyed peas are said to represent prosperity because of their resemblance to coins and they swell when cooked. Many people know about this tradition, but are not aware of its origination.

Historically, the oldest recorded reference to the "good luck" tradition of eating black-eyed peas is during Rosh Hashanah, the Jewish New Year, in Babylonian times. In the early 1700's, there was a large population of these descendants that immigrated to Georgia. Many Southerners adopted their tradition of eating black-eyed peas. During the Civil War, The South was stripped of all crops and livestock except black-eyed peas. The people of the South harvested and cooked these peas and survived starvation.

No matter how or why the tradition started, black-eyed peas are now eaten around the world and in many different cultures as a symbol of prosperity and luck. Black-eyed peas can be added to your New Years tradition in a flavorful and delicious way by using one of the following recipes:

- New Year's Day Prosperity Caviar
- Traditional Black-eyed Peas

For these recipes and more, please visit www.adamsextract.com and check out our "how-to" videos and tips at www.youtube.com/adamsffi.

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