



LMJ Social Media Poll Reveals Red Peas Soup as the Top Choice on Saturdays

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KINGSTON, JM ? Saturdays in Jamaica are known as a traditional day for soup, with many households preparing one of several different types of soups on this weekend day. Based on the results of the informal poll, of the fans who gave an opinion, most favoured red peas soup, with the remainder choosing gungo peas or not having an opinion.

?Red peas soup with chicken, cornmeal, dumpling, yam, potato, corn everything. I am not a pork or beef person so I use chicken,? said Odette McFarlane, a fan who commented on the post.

A number of peas and beans make up the diet of Jamaicans, including red peas, also known as kidney beans, and gungo peas which are known in other countries as pigeon peas. Although different in taste and texture, they are both rich in plant-based protein, along with vitamins and minerals. Over time, the two have become staples in the kitchen, being combined with several carbohydrates, proteins and vegetables to make numerous dishes, including rice and peas, another traditional favorite. In soup, they are often chosen for their

differences in color and taste, resulting in people favoring one or the other.

Linstead Market Jamaica, a premium brand managed by Canco Limited, has become a premier provider of both types of peas in canned form. Red peas and gungo peas from LMJ are packaged with coconut milk, and with or without seasoning, making it easier for customers to create a range of dishes using them. Additionally, the company observes a number of safety standards, using the Hazard Analysis Critical Control Point (HACCP) system to ensure their products are of the highest quality.

The informal poll conducted by LMJ is the latest of a series of posts intended to engage fans on social media since the recent relaunch of the brand's Facebook page. The page is seen as a medium to help connect Jamaicans overseas and locally with the brand and their products.

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For more information about Linstead Market, contact the company here: Linstead Market Linstead Market 876-920-4466 1/2 Kingsway Suite 25, Kingston 10, Jamaica, W.I.

Linstead Market

Linstead Market Jamaica is a retail brand of Canco Limited, which was formed in 1986 and exports canned and bottled Jamaican foods to several overseas markets.

Website: <http://www.linsteadmarketja.com/v2/>

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