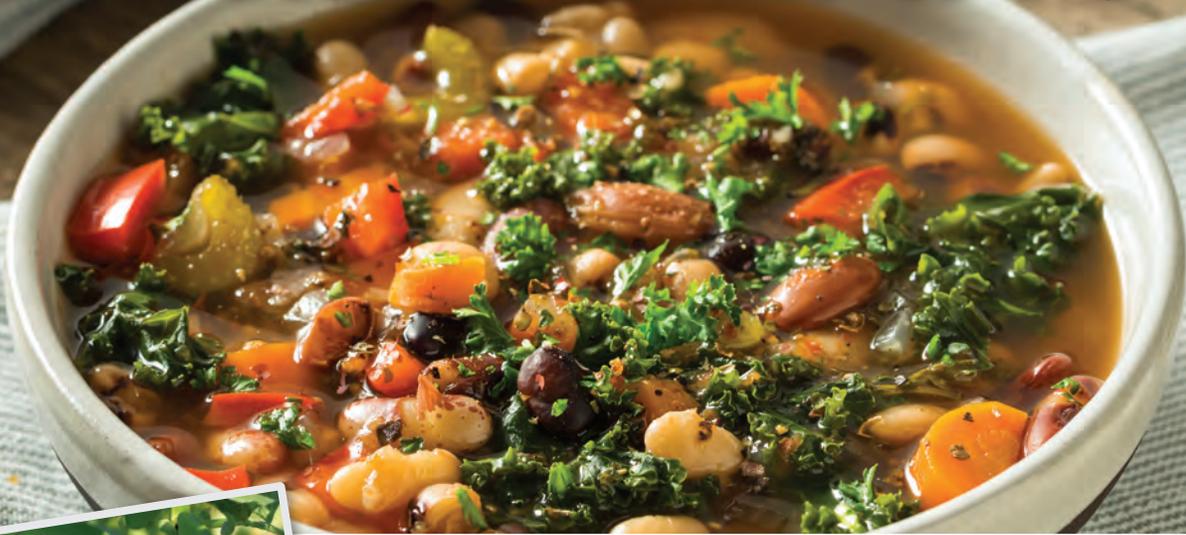


DRIED BEANS



Featured Food for Winter

Beans and legumes are the fruits or seeds of a family of plants called Fabaceae. They are commonly eaten around the world and are a rich source of fiber and B vitamins. Beans and legumes have a number of health benefits, including reducing cholesterol, decreasing blood sugar levels and increasing healthy gut bacteria.

Earth Story

Beans have been cultivated by humans for 6,000 years. Dry beans are grown to full maturity and harvested in fall after the pods have matured and the leaves of the plant have dried and fallen off. Beans grow either as bushes or vines and are cut at their base at the end of the season and let to dry out. The bean seeds will rattle inside the pods signifying they are ready to be removed, dried, saved and stored.

Nutritional Benefits

When cooked, dried beans have better texture and more flavor than their canned counterparts. The beans' skin has more resistance, which means each bean delivers a creamy, soft texture. The mushiness that's common in canned beans is nowhere to be found. Beans are rich in a number of important micronutrients, including potassium, magnesium, folate, iron, and zinc, and are important sources of protein in vegetarian diets.

Fun Facts

January 6th is National Bean Day. In Nicaragua, newly-weds are given a bowl of beans for good luck, and in ancient Greece, public officials were elected by putting one white bean with a load of black beans inside a "bean machine." Whoever picked the white bean got the job. An archaeologist in the 1980's working in New Mexico came upon a clay pot sealed with pine tar containing bean seeds that were 1,500 years old...and they grew!



Ask your chef for specific recipes and share your culinary experience with us.

