



Market
Basket
of the month

Beans

Educator Highlights

What is in it for you?

- Beans are a low-cost, low-fat source of protein.
- Beans also count as a high-fiber vegetable. Just ½ cup gives you ¼ of the fiber you need in a day!
- A ½ cup of most beans is a good source of folate, iron and potassium.

Botanical Facts

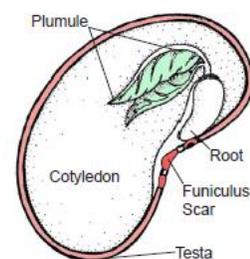
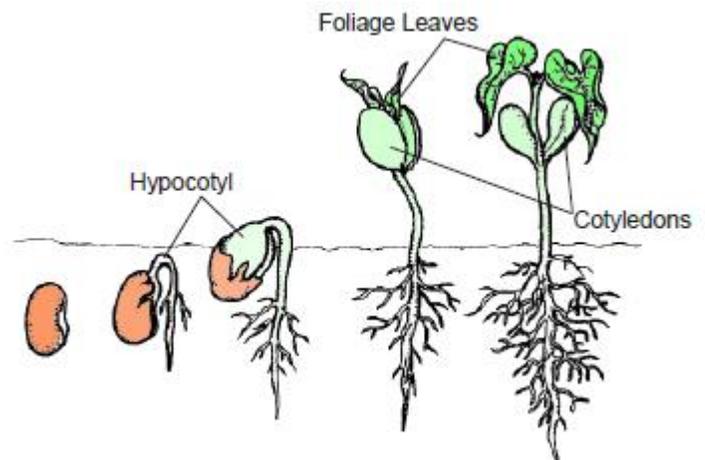
- Dry beans are an annual crop of the Legume family. Legume plants have seed pods that split along the sides when they are ripe. Dry beans are the seeds that grow inside the pods.
- Included in this group are garbanzo (chickpeas), blackeye peas, lentils, navy, lima, pinto, kidney, northern, cannellini, and black beans.
- Dry beans are warm-weather crops that are usually planted in spring or early summer and harvested in fall.



A Slice of History

- Beans have been around for thousands of years, perhaps as early as pre-historic times in Europe, Asia, and South America.
- Beans were found in Egyptian pyramids that were built more than 4,000 years ago.
- Lima beans originated in Peru in 6000 B.C. and are named after the capital city of Lima.
- Prior to the Civil War, blackeye peas and other beans were used as food for livestock and were a staple in slaves' diets. As a result, blackeye peas and corn fields were spared by Union troops during the war.
- Around 1900, merchant ships from Peru brought beans to California.

Note: For additional information, suggested reading and classroom recipes, search for the "Educator Newsletter" under the "Download Monthly Elements" section at: <http://www.harvestofthemonth.cdph.ca.gov/>



Market Basket of the Month is an initiative of WellSpan Community Health and Wellness. To view the monthly family newsletters, go to: www.wellspan.org/marketbasket

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