

BEANS ARE ALSO RICH IN IRON, POTASSIUM, AND MAGNESIUM.

**BEANS ARE CHOLESTEROL-FREE, SODIUM-FREE,
AND VERY LOW IN FAT.**



**POPULAR VARIETIES OF BEANS:
Black-Eyed Peas, Black Beans,
Cannellini Beans, Chickpeas,
Red Kidney Beans & Pinto Beans.**

**BEANS ARE ONE OF THE
EARLIEST CULTIVATED CROPS,
DATING AS FAR BACK AS**

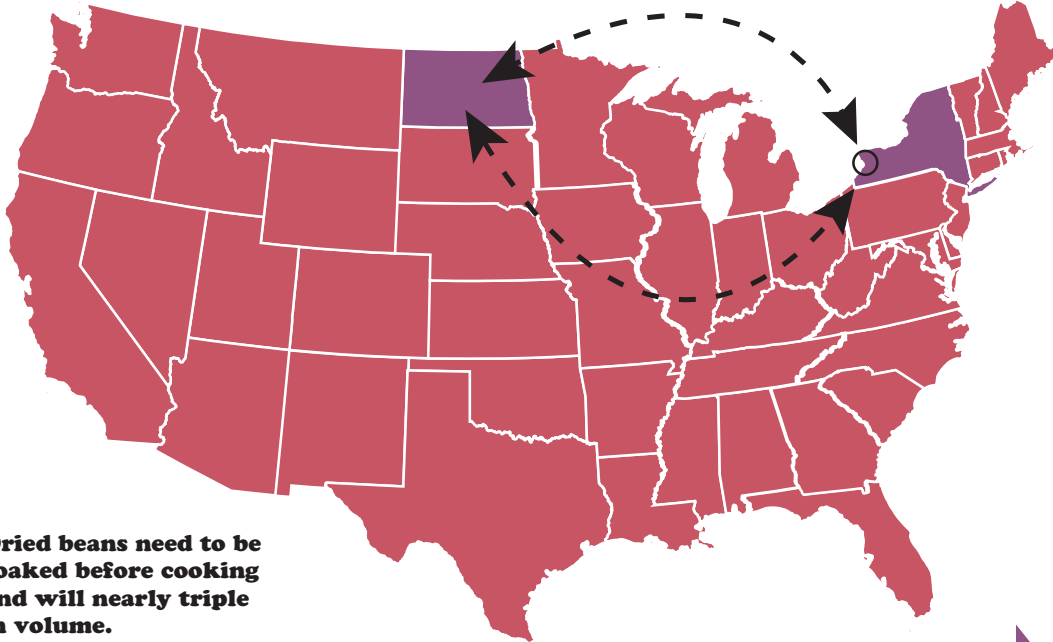
7,000 B.C.

**DRIED BEANS ARE HARVESTED IN FALL
AFTER THE PODS HAVE MATURED AND
THE LEAVES HAVE DRIED AND FALLEN.
THEY CAN THEN BE STORED IN A COOL,
DRY PLACE FOR UP TO A YEAR.**

**Beans are a great
source of vegetarian
protein and can be
used in place of meat
for many recipes.**

Beans belong to the Fabaceae family, commonly known as the legume, pea, or bean family.

NORTH DAKOTA LEADS THE NATION IN PRODUCTION OF DRIED BEANS. BEANS GROWN IN NORTH DAKOTA WOULD HAVE TO TRAVEL OVER 1,000 MILES TO REACH THE CAFETERIA! OUR NEW YORK STATE DRIED BEANS ONLY HAVE TO TRAVEL 20 MILES FROM TO REACH THE CAFETERIA!



Dried beans, also called shell beans, are grown to full maturity and left in their pods to dry before being shelled.

Dried beans need to be soaked before cooking and will nearly triple in volume.

**VARIETIES GROWN IN NEW YORK STATE:
LIGHT RED & DARK RED KIDNEY BEANS, BLACK BEANS, CRANBERRY BEANS**

Beans are an excellent source of FIBER and

B
vitamins

