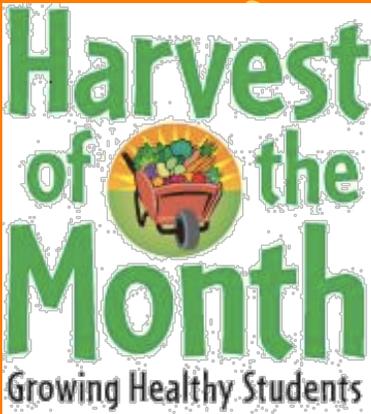


CHEQUAMEGON BAY



April



Did you know...?

Dried Beans

- ✓ Beans have been eaten for thousands of years all over the world. They were even found in Egyptian pyramids that were built more than 4,000 years ago.
- ✓ Garbanzo beans are also called “chickpeas” because each bean has a small beak that looks like a chick’s beak.
- ✓ Beans were a primary food for sailors because of their nutritional value and ease of storage-- which is how the Navy bean got its name.
- ✓ Dry beans are the only food to fit into two groups on the USDA Food Guide Pyramid: vegetable and protein.

Nutritional Benefits

A ½ cup of most cooked beans is an excellent source of fiber and folate. Dry beans are also a good source of plant protein, iron, and potassium. Protein is the part of the food that we eat that makes the bones, muscles, hair, and skin in our bodies.

Purchasing Tips

Look for these varieties of dry beans: garbanzo (chickpeas), blackeye peas (cowpeas), lentils, navy, lima, pinto, kidney, and black beans. Choose loose, dry beans that have similar size and color or low sodium frozen or canned beans. Store dry beans in an airtight container in a cool, dry, and dark place. Keep a small supply of canned or frozen beans on hand for last minute additions to soups, casseroles, and quesadillas.

Serving Ideas

Dry beans are usually cooked by boiling. You can also use canned and frozen beans. Add lima or kidney beans to salads. Mix lentils into your favorite casseroles instead of meat. Add navy beans to soups for protein. Sprinkle black beans on top of pizza for added flavor and fiber. Make a tasty dip or hummus using your favorite beans.

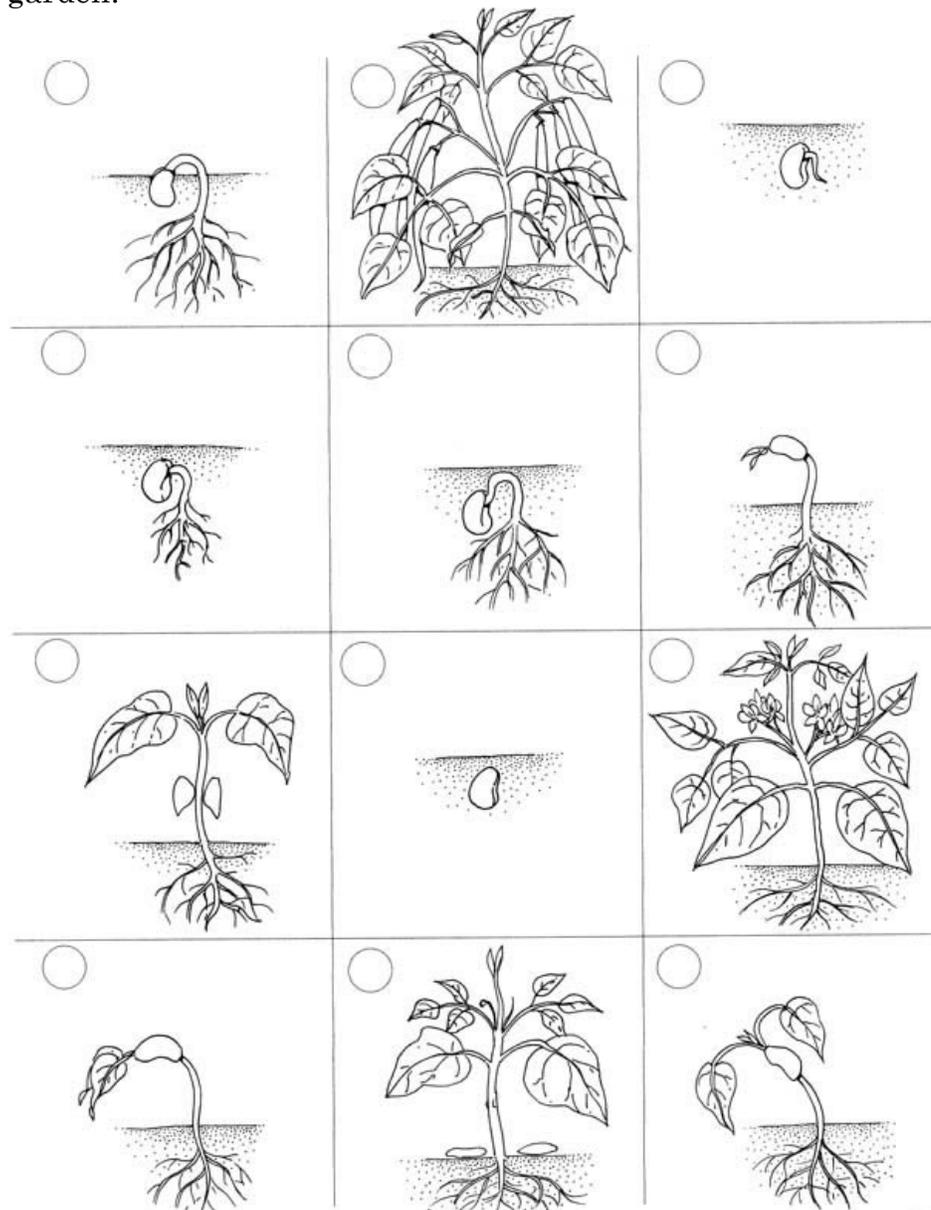


Play with your food

Color and cut out the squares below. Put them in the correct order, staple together, and then flip through the book to watch your bean plant grow!

Try growing beans in your garden this summer!

Sow seeds outdoors after danger of frost has passed and soil and air temperatures have warmed. After about 2 months, you can eat some of the fresh pods as green beans. For dry beans, leave pods on the vine for another month and harvest when completely mature and dry. Crush in a cloth or burlap sack, and winnow the seeds from the chaff. Enjoy all winter long, but don't forget to save a few to plant in next summer's garden!



Cooking Corner



Mexican Bean Salad

Ingredients

- 15 oz can black beans
- 15 oz can kidney beans
- 15 oz can cannellini beans
- 1 green bell pepper
- 1 red bell pepper
- 10 oz frozen corn kernels
- 1 small red onion
- ¼ cup olive oil
- ¼ cup red wine vinegar
- 1 Tbsp fresh lime juice
- 1 Tbsp maple syrup
- 2 tsp salt
- 1 clove crush garlic
- ¼ cup chopped cilantro
- 1 tsp ground cumin
- 1 tsp black pepper
- hot sauce to taste

1 Drain and rinse canned beans. Chop peppers and onion. Cook corn. Combine all in a large bowl.

2 Whisk together everything else in a small bowl to make the dressing.

3 Pour dressing over vegetables. Mix well. Chill thoroughly, and serve cold.