



Beans

Plant: Beans should not be planted in cold environments as they grow best in warmer environments, although heat and humidity can cause a variety of problems such as insect infestation and disease. The best soil temperature is 60 to 70° F. Beans should be planted in direct sunlight for the best yields.

Grow: Soil should be loose and well-fertilized, and the seeds should be planted no deeper than 1 inch into the garden bed. Pole beans need more space from one another, requiring rows up to 3 feet apart.

Harvest: Snap beans (green, string beans) should be harvested while still young and tender, and before the seeds are visibly evident through the pod. Waiting too long to harvest snap beans will cause them to become tough and stringy. Shell beans (kidney, black, and fava beans) are harvested in the same way as snap beans. If the shell beans are being harvested as dry beans it is best to leave them on the vine to wait until the pod and bean are dry and hard.

Nutrition Facts	
Serving Size 1/4 Cup Dry (44g)	
Servings Per Container 31	
Amount Per Serving	
Calories 160	Calories from Fat 5
% Daily Value**	
Total Fat .5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 27g	9%
Dietary Fiber 11g	44%
Sugars 0g	
Protein 11g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 10%
** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Nutritional Information:

Beans are an excellent source of protein and dietary fiber. Beans are also good sources of iron, magnesium, and B vitamins.

How to Prepare: Snap beans can be covered with water and left to simmer on the stove top until tender. They can also be sautéed with fresh garlic for a crisper taste. Dried beans can be soaked to help dissolve the starches (oligosaccharides) that cause intestinal discomfort. They can then be simmered to eat alone or in soups. Black beans in particular can be used to make burgers high in fiber and protein.



Black Bean Salsa

Yields: 10 servings

Serving size: ½ cup

Ingredients

- 1-15.5 oz can Black beans, drained and rinsed
- 1-15.5 oz corn, drained and rinsed
- 1 fresh tomato, chopped
- ½ avocado, chopped
- 2 Tbsp. fresh cilantro, chopped
- ¼ red onion, chopped
- 1 fresh lime, juiced
- 1 jalapeno, finely chopped
- 1 clove garlic

Preparation

1. Mix all ingredients into a large mixing bowl.
2. Refrigerate after making and serve in ½ cup servings.
3. Serve with baked tortilla chips or on top of mixed greens.

Nutrition Facts per Serving:

90 calories, 2 g fat, 17 g carbohydrates, 4 g fiber, 4 g protein