

# Harvest of the Month™

## SUMMER - BEANS



BEANS, A DIVERSE CROP GROWN LOCALLY IN SAN DIEGO COUNTY, ARE FILLED WITH HEALTH BENEFITS! THEY ARE A GREAT SOURCE OF PROTEIN AND IRON! THEY ARE ALSO FULL OF FIBER AND ANTIOXIDANTS, MAKING THEM A SUPERFOOD AND GREAT MEAT ALTERNATIVE.

### FOOD WASTE PREVENTION

- DRY BEANS AND CANNED BEANS CAN STAY SHELF STABLE FOR A VERY LONG TIME
- FOR FRESH BEANS, STORE THEM UNWASHED IN A PLASTIC BAG IN THE CRISPER DRAWER
- GREEN BEANS CAN ALSO BE FROZEN TO KEEP LONGER
- WHEN PURCHASING FRESH BEANS, BE SURE THEY ARE FREE OF BROWN SPOTS AND BRUISES, AND HAVE A FIRM SNAP WHEN BROKEN

### HEALTHY SERVING IDEAS



USE TO MAKE VEGGIE BURGER PATTIES



MAKE SOUP OR CHILI



TOSS WITH A VINAIGRETTE FOR A BEAN SALAD



### FUN FACTS

BEANS HAVE BEEN AROUND FOR 1000'S OF YEARS, AS EARLY AS PRE-HISTORIC TIMES IN ASIA, EUROPE, AND SOUTH AMERICA!

### COMMON BEAN VARIETIES



#### BLACK BEAN

BLACK IN COLOR, RICH AND EARTHY IN FLAVOR



#### PINTO BEAN

LIGHT BROWN, EARTHY AND NUTTY FLAVOR



#### CHICKPEAS

ROUND AND FIRM, USED IN HUMMUS



#### KIDNEY BEANS

RED OR WHITE IN COLOR, KIDNEY SHAPED



#### SOYBEANS

CHEWY, WITH A MILD FLAVOR, ALSO KNOWN AS EDAMAME

### FUN FACTS

THERE ARE OVER 40,000 VARIETIES OF BEANS RANGING IN SHAPES FROM ROUND TO KIDNEY, COLORS FROM RED, BLACK, BROWN, PURPLE, AND WHITE, WITH VARYING PATTERNS, AND POD LENGTHS FROM A FEW INCHES TO 5 FEET!

# BEAN SPROUTS ACTIVITY

## INSTRUCTIONS

## MATERIALS

- 1 PACK OF BEAN SEEDS
- STRAINER
- LARGE GLASS JAR
- MESH TOP OR CHEESECLOTH
- JAR FASTENER



1. RINSE BEAN SEEDS USING THE STRAINER
2. POUR 1/2 OF THE SEEDS INTO THE JAR, AND ADD 1 CUP OF WATER
3. STIR SEEDS IN THE WATER
4. COVER JAR WITH MESH LID OR CHEESE CLOTH
5. LET SOAK FOR AT LEAST 8 HOURS
6. RINSE BEANS AND DRAIN COMPLETELY
7. PLACE THE JAR ON ITS SIDE ON THE COUNTER, AWAY FROM DIRECT SUNLIGHT AT ROOM TEMPERATURE
8. RINSE AND DRAIN FOR 3 CONSECUTIVE DAYS
9. BEANS WILL BEGIN TO SPROUT!
10. OBSERVE AND TASTE YOUR SPROUTED BEANS!

## 3 BEAN SOUP

### INGREDIENTS

- 2 TBSP OLIVE OIL
- 1 YELLOW ONION, DICED
- 2 CLOVES GARLIC, MINCED
- 2 STALKS CELERY, CHOPPED
- 1 CARROT, CHOPPED
- 1 14OZ CAN DICED TOMATOES
- 1 14OZ CAN PINTO BEANS, DRAINED
- 1 14 OZ CAN CANNELLINI BEANS, DRAINED
- 1 14 OZ CAN BORLOTTI BEANS, DRAINED
- 4 CUPS VEGGIE STOCK
- HANDFUL BABY SPINACH
- 1 TBSP OREGANO
- 1/4 TSP RED CHILI FLAKES
- SALT AND PEPPER TO TASTE
- JUICE OF A LEMON

### INSTRUCTIONS

1. HEAT THE OLIVE OIL IN A LARGE POT AND SAUTÉ THE ONION, CARROT, AND CELERY FOR 6-7 MINUTES UNTIL SOFTENED
2. NEXT, ADD THE GARLIC AND CHILI FLAKES AND COOK FOR A MINUTE. STIR IN THE CANNED TOMATOES, OREGANO AND COOK FOR A FEW MORE MINUTES
3. STIR IN BEANS AND STOCK AND BRING TO A BOIL. SIMMER FOR 20 MINUTES
4. STIR IN LEMON JUICE AND SPINACH, AND SEASON TO TASTE
5. SERVE WITH TOASTED BREAD