



# BUTTER BEANS

**SUMMER**

**FALL**



**ARKANSAS**  
**Farm to School**

**UofA**  
DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION  
*University of Arkansas System*



# GROW

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Butter beans are available in bush and pole varieties. Plant seeds at a depth of 1/2 to 1 1/2 inches (in.). Sow bush seed varieties (Jackson Wonder and Fordhook 242) 2 to 3 in. apart, in rows 18 to 24 in. apart. Sow pole seed varieties (Sieva and Florida Butter) 4 to 6 in. apart, in rows 30 to 36 in. apart. Harvest when butter beans are plump and firm.



# PREP

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Wash butter beans with cool water. Shell the beans and discard the pods. Add water, chicken, or vegetable broth to a pot. Add the butter beans and a fully-cooked, smoked ham bone or hock for flavor. Cover and bring the ingredients to a boil. Reduce heat and simmer for 1 hour. Prepare butter beans as mentioned or as an added ingredient to an entrée.

# EAT

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Pair butter beans with entrées like chicken, fish, or pork! Macaroni and cheese, corn bread, and collard greens are also delicious side dishes paired with butter beans. Savor succotash, a popular southern dish, made with butter beans, okra, sweet corn, and more!



# LEARN

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Butter beans, also known as lima beans, are native to tropical America. Butter beans are a **vegetable** and a **protein**. They are high in many vitamins and minerals! The book *A Bad Case of Stripes* by David Shannon, is about a girl that secretly loves lima beans but never eats them. Check it out at your local library!