



BEANS

YEAR-ROUND



GROW

Dwarf horticulture, kidney, and pinto are commonly grown varieties of beans in Arkansas. Sow seeds 1 to 1 1/2 inch (in.) deep, 2 to 3 in. apart after the last frost or in late summer. Harvest dwarf horticulture beans when they start to turn yellow. Harvest kidney and pinto beans as plant leaves turn yellow and fall.



PREP

Store dwarf horticultural beans in the refrigerator up to one week. Store dried kidney and pinto beans in cans or jars in a cool, dry place. Soak dried beans in water over night. Transfer soaked beans to a pot, cover with 2 in. of water and simmer until tender.

EAT

Enjoy beans in soup, chili, and stew. Snack on chips dipped in bean dip. Savor tamales and pupusas stuffed with beans. Substitute a hamburger for a black bean burger at the next family BBQ. Beans and rice make a delicious entrée or side dish!



LEARN

Beans are a **vegetable** and a **protein**. They are high in protein and minerals, like iron and zinc, which support the immune system and maintain energy and focus. Beans may have been first grown in Arkansas by the Quapaw in a "three sisters" garden with corn and squash.