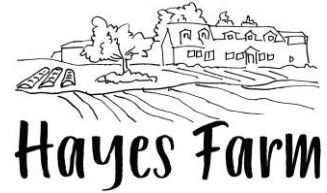




All Things Beans



Beans are a member of the legume family which includes peas, lentils, peanuts, beans, soybeans. They are easy to grow and an important part of your crop rotation. Legumes have the ability to fix nitrogen from the air and make it available in the soil in a form plants can use. Most beans won't germinate in cool wet soil the exception being some purple varieties. However peas, lentils, and fava beans (other legumes) will do well in cool soil, where as chickpeas, most beans, and peanut need warm soil.

Choosing which beans to grow

Beans come in an array of types and plant sizes

- Pole Beans: These plants grow very tall, like a vine, curling around anything used to support them. Most grow well over 6 feet. Most produce until a killing frost. The easiest method to support them is tall rebar pounded into the ground with 6-8 plants planted at the base. TP's also work or a trellis.
- Bush Beans: These plants do not require support only growing 1-2 feet tall. Summer storms tend to flatten them onto the soil, I like to use stakes every 3 feet surrounding the bean bed and use twine running from stake to stake to supply support and keep them upright. Kept well harvested they produce over several weeks and sometimes produce a second flush later in the season
- Dry Beans: These varieties are bred primarily to harvest the seed, to be cooked and is a great source of protein. They come in bush or pole types. They require little care during the growing season other than planting, weeding once or twice, then allowed to grow until the end of the season. Its easiest to harvest the whole plant just prior to a hard frost, then remove the pods and allow the pods to fully dry before shucking them (they are bred such that they are usually very easy to remove the seeds from the pod) and collecting the seeds, further drying may be needed before storing.
- Snap Beans/ Green Beans/ String Beans: This usually refers to the type of beans that are eaten fresh, raw or cooked. They come in bush or pole types, also flat or round bean pods, and in various colors (yellow, green, purple). The varieties are bred to be tender and tasty eaten fresh. The seeds can be saved, and even eaten but aren't as tasty as those bred for dry use.

- Multipurpose bean: These beans are bred to be used at various stages of development, and are tasty at any stage. They can be eaten young as a snap bean, when the seeds are partly developed as edamame (like peas or young soy beans) or left for the seeds to fully develop and used as a dry bean)

Common Types of Beans and uses

Garbanzo Beans

Garbanzo beans (also known as chickpeas) are super versatile, creamy and mild. There are so many ways to use chickpeas, like in this easy chickpea curry and homemade hummus!

Black Beans

Black beans are a staple in so many dishes! They're mild and smaller than other types of beans, so if you don't love beans or are just getting into them, these are the perfect ones to start with.

Kidney Beans

Kidney beans are deep red in color, a bit larger than black beans, and are the perfect beans to use in chili.



Cannelini Beans

Cannelini beans are a type of white bean with an earthy, nutty flavor. They cook up nice and creamy and are delicious on crostini with a little ricotta and pesto, or blended into an easy white bean dip.

Pinto Beans

Pinto beans are a classic choice for making refried beans—they cook up creamy yet still hold their shape, and soak up all the delicious flavors..

Fava Beans

Fava beans are a bit difficult to work with at first—you have to blanch them then remove their skins, but the result will be worth it! Throw them in a salad or steam them then toss them with some butter, salt, and pepper.



Navy Beans

Navy beans are a type of white bean that is super easy to find either dried or canned. They can be used in any recipe that calls for white beans, like Ree's classic bean with bacon soup.

Black-Eyed Peas

Black-eyed peas are actually beans, and are traditionally eaten around the new year, but they're great any time of the year! Try them in this yummy black-eyed pea dip with tortilla chips.

Soy Beans

Soybeans are the mature form if edamame (edamame is picked while soybeans are still young and green). Soybeans are dried and whitish-yellow in color and are used for so many things! They are used to make tofu, soy milk and even ground to make soy flour, amongst other things! You can use them whole, just boil until tender and mix them into salad or warm grain dishes



Edamame

Edamame are young soybeans that are often served right from their pod, but can also be shelled too. You can steam them and eat them plain with a little salt and olive oil, or take them out of the shell and use them in salads or blend them into a smooth dip.

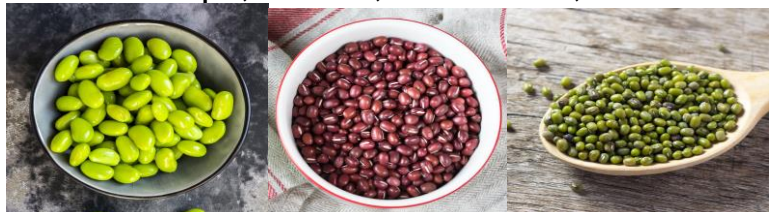
Adzuki Beans

Adzuki beans have a pretty garnet hue and are often used in sweet dishes where they are mashed into a paste and mixed with sugar, but they can easily be used in savory applications, too!

Mung Beans

You might have seen a few different varieties of mung beans when at the store—they can come split, whole, or sprouted. They're incredibly healthy for you, no matter which variety you choose! If you want to cook them at home you should

first soak them, then boil them or cook them. After they're cooked you can add them to soups, curries, rice dishes, and more!



<https://www.thepioneerwoman.com/food-cooking/cooking-tips-tutorials/g41109254/types-of-beans/>