

The Incredible Bean

2/16/12 MG Meeting

1. I am a member of a “bean club,” said Marion. Lori responded, “Of course your are.” I receive a shipment with 6# of rare and heirloom beans every quarter. They are all grown in CA by small farmers.
2. As a kid, there was always a pot of cooked beans in our fridge. My father was from Scotland and was incredibly thrifty. My mother was a member of the Cherokee Nation of OK and they were known as farmers. Beans were the perfect food!
3. It wasn't until I was in college as a Home Ec. Major that I learned what the other benefits of beans were
 - a. There are 400 varieties of beans in the world and have been eaten since Neolithic times.
 - b. Nutritious:
 1. 4 oz of beef has about the same protein and calories as 8.8 oz of black beans
 2. Meat = 12 g saturated fat vs beans = 0 g
 3. Beans have 2 X the amount of iron
 4. Beans have almost 8 X the amount of calcium & Magnesium
 5. Beans have 0 g of cholesterol to 74 g in beef.
 - c. In addition, beans cost about 50cents a 4 oz serving vs \$3.00 for beef so very affordable
 - d. Beans use about 300 L of water to grow vs. 1500 L for beef.
 - e. Gluten free
 - f. Very long shelf life without refrigeration
 - g. Good for food insecurity
 - h. Easy to prepare. Can be made in 30 min without soaking in an Instant Pot
 - i. The liquid from a can of chick peas can be whipped like cream or meringue for people who are allergic or vegan

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4. From an Ag standpoint:

- a. Beans have a low carbon footprint
- b. Provide biodiversity and food for pollinators
- c. They provide natural fertilizer in the form of nitrogen
- d. Excellent cover crop
 - Hairy Vetch
 - Cover crop mix from Terroir Seeds in China

5. Cooking Beans

Cooking Vessels. InstaPot, Pressure cooker, clay pot

Soak vs no-soak

Adding Soda (1 tsp/cup of dried beans)

Recipe sources

My favorite recipes

Simple

Cassoulet

Marcus Samuelson

<https://marcussamuelsson.com/recipe/black-eyed-peas-with-coconut-milk-and-berbere>

6. I think they are beautiful!!