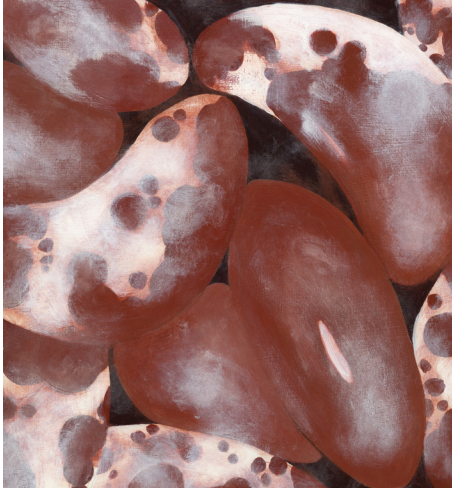


# Harvest of the Month



## BEANS



### TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** some beans on their own.
2. **MAKE** a dish with beans using the recipe and ingredients provided.
3. **LEARN** about beans with the information below.



### Fun Facts

- Beans are the seeds of legume plants. Beans form inside of pods that split along the sides when they are mature.
- Beans originated in what is now Mexico and Central America. There are now at least 13,000 varieties worldwide!
- The leaves of bean plants tilt to follow the sun throughout the day. At night they fold up.
- Beans are a great source of protein which helps you build muscle!

### Local Connection



More than 50 varieties of beans are grown in California, but they are not a major crop in Humboldt County. The primary growing areas in California are the Sacramento and northern San Joaquin valleys.



HUMBOLDT COUNTY OFFICE OF EDUCATION  
Nutrition Programs & Services



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