

# Harvest of the Month



## BEANS

### Literature Links

- *One Bean*, by Anne Rockwell
- *The Cool Bean*, by Jory John

### Local Highlight

Dry beans are not produced much in Humboldt County. They grow best on deep loamy soils that are low in clay and benefit from low humidity. The primary growing areas in California are the Sacramento and northern San Joaquin valleys.

### Joke Corner

Q: What kind of bean cannot grow in a garden?

A: A jelly bean.

Knock Knock!

Who's there?

Bean.

Bean who?

Bean a while since I last saw ya!

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*Phaseolus vulgaris*



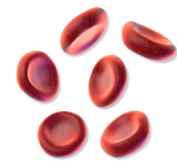
### Nutrition Power

Beans are a great source of protein and minerals like iron.



**Protein**

helps you build strong muscles!



**Iron**

helps your blood carry oxygen!

### History

Many of the beans that you can buy in cans - such as pinto, black, and kidney - are types of “common beans.” They originated from Central and South America.

Indigenous people grew beans along with corn and squash, a group of crops known as the “three sisters.”



Beans were spread north and south by migrating tribes, and then later brought to Europe and other parts of the world by explorers.

### Did You Know?

- Plant part we eat: SEED
- More than 50 varieties of beans are grown in California, and at least 13,000 varieties worldwide!
- The leaves of bean plants tilt to follow the sun throughout the day. At night they fold up.
- Kidney beans are an important part of the regional cuisines of India, the southern United States, Spain, the Netherlands, and Indonesia!

