



BEANS

- Dry beans are an annual crop of the Legume family. Legume plants have seed pods that split along the sides when they are ripe. Dry beans are the seeds that grow inside the pods.
- Beans have been around for thousands of years, perhaps as early as pre-historic times in Europe, Asia, and South America.
- Beans are high in protein, important for our muscles and growth. Protein also helps us feel full.
- California farmers generally grow “specialty beans,” including baby limas, garbanzos, pinks, large limas, and dark and light red kidney beans.



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



CULINARY ACTIVITY: Bean Sprouts

Supplies needed:

- Dry garbanzo beans
- Strainer
- Large glass jar
- Mesh top or cheesecloth
- Rubberband or canning jar lid ring

Directions:

1. Rinse bean seeds using the strainer.
2. Pour $\frac{1}{2}$ cup of beans into the glass jar. Add 1-1 $\frac{1}{2}$ cups cool water (so water level is a few inches above beans) and stir to ensure each bean is wet.
3. Cover jar with mesh top and use rubberband or canning jar lid ring to secure. Let soak for at least 8 hours or overnight.
4. Rinse bean seeds thoroughly. Drain completely.
5. Place jar on its side on countertop, away from direct sunlight, in area with good airflow at room temperature. Rinse and drain once a day for at least 3 days.
6. When beans have sprouted rinse and eat!