



DRIED BEANS

What is It?

- Dried beans are the seeds from bean plants that are left on the plant after reaching full maturity until they become hard and dry. This process allows them to be stored and rehydrated at a later time to be eaten.
- Washington is the nation's sixth largest dried bean producer, with 23,000 acres of land devoted to growing dry beans.
- Most of the dried beans grown in Washington are pinto beans.
- The plants of dried beans add nitrogen to the soil, improving soil health. This makes them a good rotational crop with wheat and other grains.
- While beans should be eaten within one year for best flavor and nutrition, some studies have found dried beans to last for up to 30 years under the right storage conditions and still taste good enough to eat!
- Dried beans are a pulse crop, part of the legume family, along with lentils, chickpeas (garbanzo beans), and dried peas.



Grow It

- Beans can be planted as soon as the soil has warmed. In Washington, this could be as late as May or even early June, so be sure to check the weather. Bean seeds planted in cold soil may rot rather than germinate, and plant growth will be slow in cooler weather.
- Some gardeners plant bush beans in succession, every two weeks until early August, for production throughout the summer and into fall. Pole beans will continue to flower and bear until frost, so there is no need for succession planting.
- Plant seeds about an inch deep or according to package directions. Plant small-seeded beans more shallowly than larger seeds.
- Install pole bean supports at planting time. Make a simple trellis of six-foot stakes and twine or set up a teepee of bamboo poles or long branches. Plant seeds in a row in front of the trellis with seeds four inches apart or two to four seeds at the base of each pole.
- Sow bush bean seeds in single or double rows with seeds four inches apart and rows two to three feet apart.



Make It

Recipe: Black Bean Brownies
Yield: 16 servings

Ingredients	Directions
<ul style="list-style-type: none">• 1 (15.5-oz.) can black beans, drained and rinsed• 3 eggs• 3 Tablespoons vegetable oil• 1/4 cup cocoa powder• 1 pinch salt• 1 teaspoon vanilla extract• 3/4 cup white sugar• 1 teaspoon instant coffee (optional)• 1/2 cup semisweet chocolate chips	<ol style="list-style-type: none">1. Preheat oven to 350 F.2. Lightly grease an 8- by 8-inch baking dish.3. Combine all ingredients except chocolate chips in a blender; blend until smooth; pour mixture into prepared baking dish.4. Sprinkle with chocolate chips.5. Bake in preheated oven until top is dry and sides start to pull away from the baking dish, about 30 minutes.

Recipe adapted from North Dakota State University [Spillin' the Beans](#).



Dried beans, credit: WSDA



Make It

Recipe: Minestrone Soup
Yield: 4 servings

Ingredients	Directions
<ul style="list-style-type: none"> • 1 (16-oz.) pkg. frozen mixed vegetables • 1 (14-oz.) can Italian-style stewed or crushed tomatoes* • 2 (14-oz.) cans chicken or beef broth* • 1 (15-oz.) can garbanzo beans or kidney beans, drained and rinsed • 1 cup uncooked pasta (such as elbow macaroni or bow tie) • 1 heaping teaspoon of dried Italian seasoning or 1/4 teaspoon fresh herbs, like parsley, basil, rosemary, oregano, and/or thyme • 1 teaspoon garlic powder • 1/2 teaspoon black pepper • Optional: 1 teaspoon paprika <p>*To reduce sodium, choose low-sodium canned tomatoes and broth.</p>	<ol style="list-style-type: none"> 1. Combine frozen vegetables, tomatoes, broth and beans in a pot. 2. Bring to a boil, then add pasta. 3. Reduce to low heat and add herbs, garlic powder, black pepper, and optional paprika. 4. Simmer for six to eight minutes until pasta and vegetables are tender.

Recipe adapted from North Dakota State University [Spillin' the Beans](#).



Dried beans, credit: WSDA

Eat It

Beans contain a uniquely large range of essential nutrients, including protein, fiber, potassium, iron, folate, and zinc. They also carry some harder to find nutrients like phosphorus, copper, magnesium and manganese —which many Americans aren't eating enough of.

Read It

- Lucky Beans, by Becky Birtha
- One Little Bean, by Kim Cecil
- A Bean's Life Cycle, by Mary Dunn



Beans growing, credit: WSDA

Find It

- Washington dried beans are available at many grocery stores. Check the product label or shelf tag to see where they were grown. Dried beans can also be found at many of Washington state's farmers markets throughout market season, and at many farm stands and local markets year-round.
- Search for local farms and markets that sell Washington-grown dry beans here: [Washington Food & Farm Finder - Eat Local First](#)
- Find a farmers market near you here: [Find a Farmers Market - Washington Farmers Market](#). Many farmers markets and vendors accept WIC Farmers Market Nutrition Program, WIC Fruit and Vegetable Benefit, and SNAP Market Match.

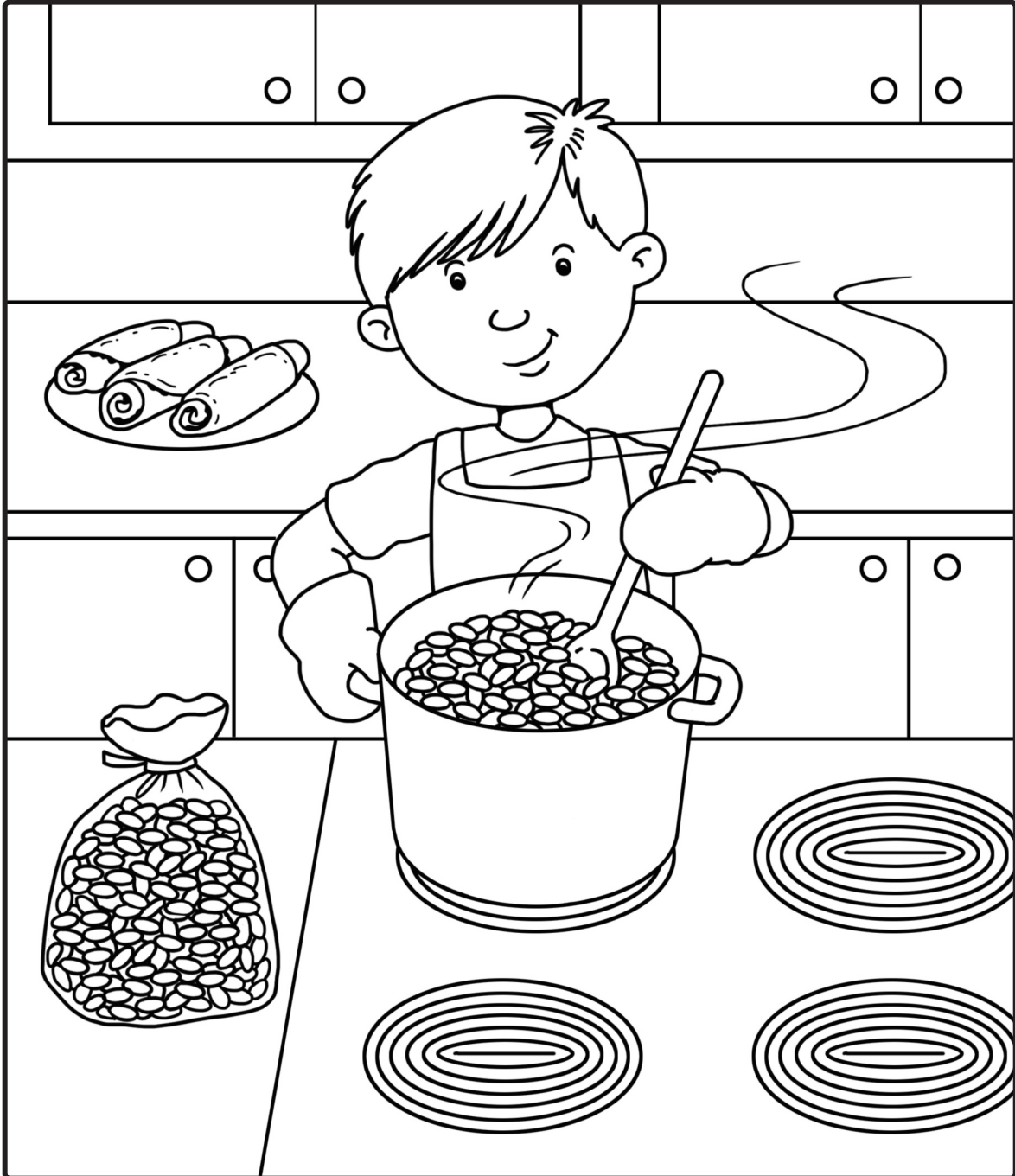
Play It

Enjoy the coloring activity on the next page from Oregon Food Hero!



Name _____

Dried Beans



I like dried beans because

_____.



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