

DRY BEANS



Beans are one of the traditional “Three Sisters” triad that were planted together in a mutually beneficial group, and were mainstays of the Native American diet after about 1300 AD. The protein food sources of the Old World were greatly improved when Native American beans were introduced, and Europeans eagerly adopted kidney beans, string beans, snap beans, butter beans, lima beans, navy beans, pole beans, etc. Today, the dry field varieties of beans are a very important source of protein for vegetarians, those wishing to cut down on cholesterol intake, and in countries where meat consumption is low. This month, Nebraska Harvest of the Month highlights heirloom beans, a Nebraska indigenous food! Your school will be preparing recipes featuring beans.

SELECTION, STORAGE & COOKING

- Keep the beans in their packaging
- Place beans in an airtight container
- Vacuum seal your beans
- Add oxygen absorbers into the container

SEASONAL AVAILABILITY

JAN	FEB	MAR	APR	MAY	JUN
JUL	AUG	SEPT	OCT	NOV	DEC



THREE SISTERS SQUASH CHILI

Ingredients:

- ¼ cup butter
- 1 large onion, chopped
- 2 poblano peppers, chopped and seeded
- 5-6 cloves garlic, minced
- 1 whole butternut squash
- 3 (15 oz) cans red kidney beans, rinsed and drained
- 28 oz can crushed fire roasted tomatoes
- 3 cups vegetable broth
- 13.5 oz canned chopped green chiles, mild or medium
- 10 oz corn
- 1 tbsp ground cumin
- 1 tsp dried oregano
- 1 bay leaf
- ½ chopped cilantro
- Salt and pepper to taste

Directions:

1. Prep and chop all the produce. Cut the butternut squash in half, then peel with a vegetable peeler. Scoop out the seeds with a spoon and discard. Chop into ½ in cubes.
2. In a large saucepan over medium heat, add the onions, chopped poblano peppers, and minced garlic. Saute for 5 minutes to soften.
3. Add in the cubed butternut squash, rinsed beans, tomatoes, broth, green chiles in juice, corn, and all spices. Add 1 teaspoon of salt, but save cilantro for later.
4. Cover and simmer for 15-20 minutes to thicken. Once the squash is fork-tender, remove the bay leaf. Taste, then add salt and pepper as needed. Stir in cilantro and serve.



LEARN MORE ABOUT NEBRASKA HARVEST OF THE MONTH
www.education.ne.gov/ns/farm-to-school/harvest-of-the-month



NUTRITIONAL VALUE OF BEANS

Beans have been cultivated for thousands of years. Today, they're an important food source worldwide. Black, kidney, navy, fava, and pinto beans are common in the U.S. while Native American tribes across the country have used varieties passed down generations. Beans also contain decent amounts of zinc, copper, manganese, selenium, and vitamins B1, B6, E, and K. Lysine is missing from most grains, so adding beans to your meal with brown rice gives your body the complete proteins. The amino acids in plant proteins provide us with the ability to build and repair muscles and for children, assure proper muscle development.

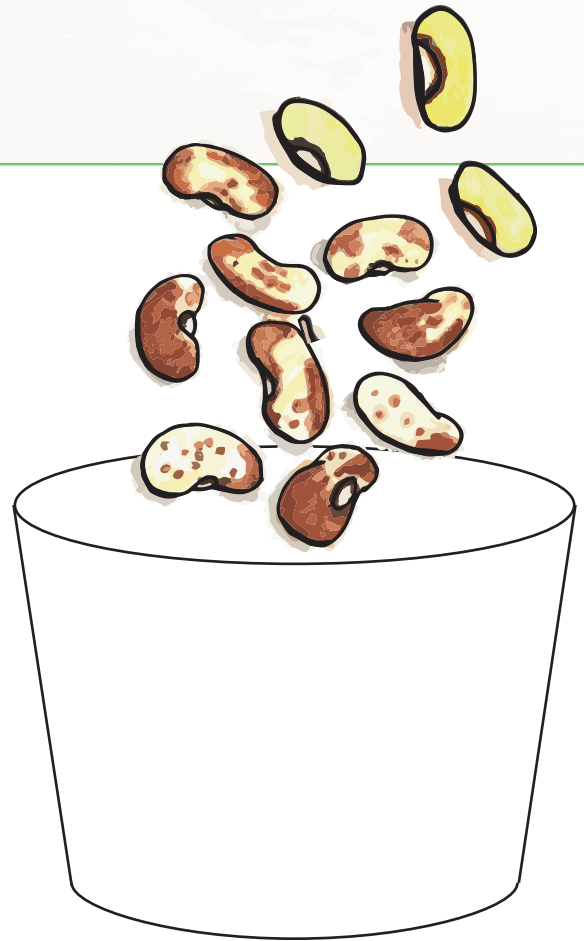
BOUNCING BEANS ACTIVITY FOR KIDS

SUPPLIES NEEDED

- 16 oz glass mason jars
- Dry beans
- 1 cup water
- 1/4 cup white vinegar
- 1 tbsp baking soda

ACTIVITY

1. Combine water and vinegar in a mason jar.
2. Next add baking soda. Be prepared, because it will overflow. It is best to do this over a towel!
3. Then add beans and watch! You can use any kind of beans, but using a mix allows your children to guess and see which beans rise most quickly.



LEARN TO SAY "BEANS" IN DIFFERENT TRIBAL LANGUAGES

DAKOTA
Omnića

UMONHO^N
Hiⁿbthiⁿge

PONCA
Hiⁿbthiⁿge

HOCHUNK
Huníkera

LAKOTA
Omnića

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