

BEANS



RUSSIAN

fasol' (фасоль)

SPANISH

frijoles

VIETNAMESE

đậu

Here are some beans! Beans grow on bushes or climbing vines. Who has tasted beans? What did they taste like? Beans are delicious cooked in many different ways. We can eat cooked beans in soups and stews. We can make delicious bean dip! Beans also taste good with rice. Who has had beans and rice? Who has had soup with beans in it?

How do BEANS grow?



How do BEANS grow?

Beans can grow in two ways. On farms and in gardens, people grow pole beans or bush beans.

Which do you think is the pole bean plant?
Which do you think is the bush bean plant?

**SAME BUT DIFFERENT
BEANS**



Black



Kidney



Garbanzo



Pinto



Navy

There are different kinds of beans. Here are five different kinds (point to each one as you say the name):

1. Black
2. Kidney
3. Garbanzo
4. Pinto
5. Navy

You can grow different kinds of beans in a garden. Farmers can grow different kinds of beans on their farms, too. Beans come in different colors, shapes, and sizes!

What colors do you see?

How are the beans the same?

How are they different?

Which is the black bean?

Which is the kidney bean?



1. Planting

In the spring, farmers plant bean seeds in their fields.



2. Growing

Throughout the summer, bean seeds grow into green plants. The plants grow flowers, and then bean pods, where the bean seeds develop.



3. Drying

In the fall, the hot weather dries out the bean pods. The pods dry out and turn brown. The seeds inside the pods also dry out. That's how farmers know it is time to harvest the beans.



4. Harvest

Farmers use tractors to pull large harvesting machines. The machines pick up plants and sort bean seeds from the rest of the bean plant.



5. Cleaning and Drying

Farmers use machines to sort out rocks and dirt from the bean seeds.

Then they store the bean seeds in large crates in warehouses until they are packaged. We can buy dried bean seeds at the store. The dried bean seeds are called dried beans.



TRUITT
FAMILY FOODS



*Sustainably
grown by
family-owned
Central Bean
Company of Quincy,
Washington.*



Pacific Northwest
**PREMIUM
BLACK
BEANS**



NET WEIGHT 108 OZ. (6.75 LB.) 3.06 KG

6. Canning

Dried beans can also be brought to a food processor or cannery where they are soaked in water, mixed with salt and water and then sealed and cooked in cans.