

Beans

The common bean has been cultivated for six thousand years in the Americas. Beans are one of the longest-cultivated plants. Broad beans, with seeds the size of the small fingernail. Beans were an important alternative source of protein throughout Old and New World history, and still are today. There are over 4,000 cultivars of bean on record in the United States alone. An interesting modern example of the diversity of bean use is the modern urban recipe 15 bean soup, which, as the name implies, contains literally fifteen different varieties of bean.

Dry beans come from both Old World varieties of broad beans (fava beans) and New World varieties (kidney, black, cranberry, pinto, and navy/haricot).

White Kidney Bean

It is a haricot bean that was originally cultivated in Argentina but became an Italian stalwart, widely used in their cuisine around the world. This variety has a very smooth texture with an elusive nutty flavour.



Dark Red Kidney Bean



Large number of varieties, kidney-shaped with a deep glossy red color (dark red kidneys) or deep glossy pink color (light red kidneys). They are smoother in taste and texture than the dark red kidney bean. This red bean is popular in the Caribbean region, where they are normally served with rice.

Light Red Kidney Bean



Light red Kidney Bean excellent source of protein and iron. Rich in flavour for soups, chilli, casseroles and salads.

Great Northern Bean



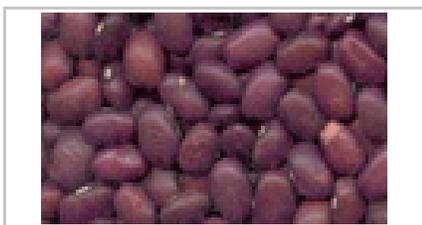
A little larger than navy beans, slightly oval, and white. They are used as casseroles, baked beans and soup.

White Navy



Navy beans are small, pea-sized beans that are creamy white in color. They are mild-flavoured beans that are dense and smooth. Like other common beans.

Small Red Beans (Habichuelas)



Small to medium sized plump round beans, dark red in color. They are smoother in taste and texture than the dark red kidney bean. This red bean is popular in the Caribbean region, where they are normally served with rice.

Cranberry



These beans are related to the Tongues of Fire Beans. Very popular for Spanish, Italian and Portuguese dishes. They are ivory in color with red markings, sometimes red with ivory markings.

Black Beans



Medium sized, oval, with a matte black color. Black beans are sweet tasting with a mushroom-like flavor, and a soft texture. This is one of the most popular beans in the Americas. They can be served by themselves or as a side dish mixed with peppers, fruit, refried beans or rice.

