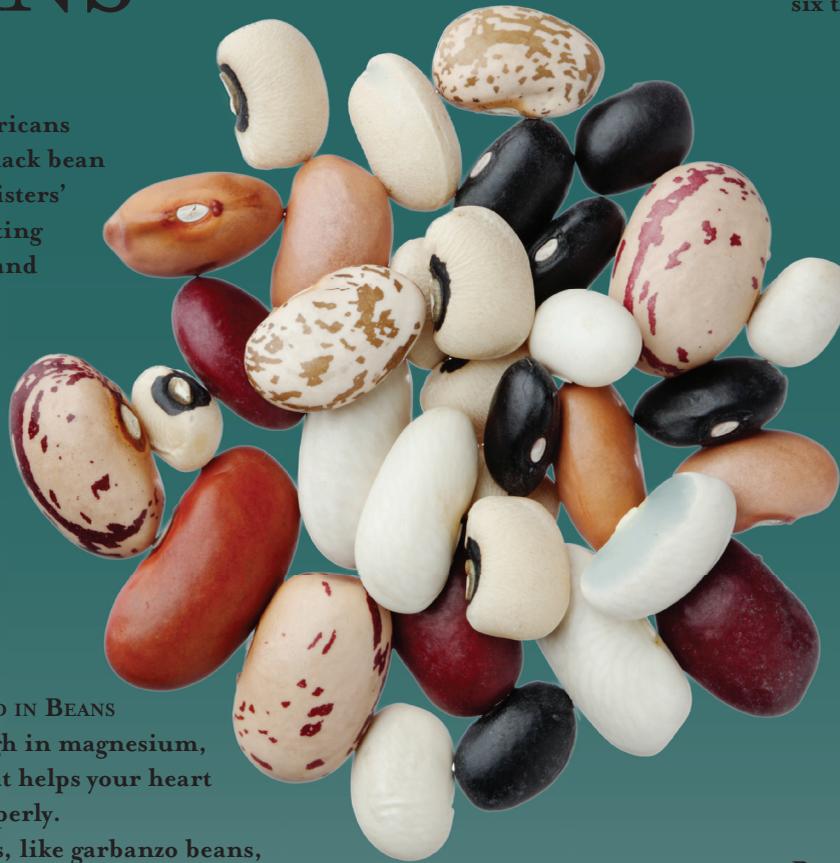


OREGON BEANS

Beans have been cultivated in the Americas for about six thousand years.

The Mezo-Americans developed the black bean and the 'three sisters' method of planting beans, squash, and corn together.



NUTRIENTS FOUND IN BEANS

- ~ Beans are high in magnesium, a mineral that helps your heart function properly.
- ~ Cooked beans, like garbanzo beans, pinto beans, black beans, kidney beans, lima beans, and more, are excellent sources of fiber.
- ~ Beans are a good source of potassium, a mineral important for proper heart function.
- ~ Beans are rich in iron, which is vital for your blood to transport oxygen throughout your body.
- ~ Cooked beans are a wonderful, inexpensive source of protein!
- ~ Beans are rich in folate, a nutrient that is especially important for women of childbearing age.

Beans improve the land they are grown in by adding nitrogen to the soil! This is why they are called "nitrogen fixers."



The United States produces more dry beans than any other country, growing up to 1.7 million acres.



Beans are actually large seeds!



Beans are part of two food groups: the vegetable group and the protein group.

This material is funded by USDA's Specialty Crop Block Grant Program and USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2018 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation or veterans status. Oregon State University Extension Service is an Equal Opportunity Employer.

