

# bean zine



PLANT A SEED  
share a seed  
2022

"A seed is so big and so small at the same time."

Rowen White





Slow Food USA unites the joy of food with  
the pursuit of justice.

We cultivate nationwide programs and a  
network of local chapters, host educational  
events and advocacy campaigns,  
and build solidarity through partnerships.

Together, we are dismantling oppressive food  
systems to achieve  
good, clean and fair food for all.



# PLANT A SEED CELEBRATES BIODIVERSITY ON FARMS, IN GARDENS AND AT SCHOOLS.



This curated kit includes beans from each of the six regions in the United States with a unique relationship to the land and people there. **When you grow these beans, you positively impact your soil, decrease water use, increase biodiversity and directly mitigate climate change.**

We sincerely hope that the 2022 Plant a Seed campaign will open a door for you to explore the extremely diverse family of legumes and how they can teach us more about **climate, health and food justice**. Throughout this year-long campaign, we will highlight the issue of **food sovereignty**, or the independence of humans to produce food outside of oppressive food systems. You can take one step toward food sovereignty in your community by saving some of your beans and connecting with local seed libraries to share the seeds with your community!

**Join us as we get to know beans.**

# HANKS X-TRA SPECIAL BAKING BEAN

Northeast

**Grown by Hudson Valley Seed Company**

A few years ago, there were only a few pounds of this bean in existence. A creamy legume selected and beloved by Hank Losee, a gardener in Ghent, New York, the bean was rediscovered by his daughter Peg and has now made a grand comeback, even landing in the pages of the New Yorker. It's all thanks to Kitchen Cultivars, a unique collaboration in New York between Glynwood, the Hudson Valley Seed Company, and Hudson Valley chefs and farmers. Together, they use the power of local cuisine to ensure the existence of regionally selected and produced seed varieties.

**Growth:** Bush bean

**Description:** Creamy white

**Days to maturity:** 98 (dry)

**Primary use:** Dry bean baked in a casserole. Also good as a shell bean.

**Qualities:** Tender texture, creamy interior, keeps shape in cooking.

**Commercially available:** No



# CHEROKEE TRAIL OF TEARS BEAN

**Southeast**

**Provided by Baker Creek Heirloom Seeds and Seed Savers Exchange**

In 1839, the US federal government forcibly removed the Cherokee people from the Great Smoky Mountains to Oklahoma. Many people died and suffered on this "Trail of Tears," but they carried this bean. This prolific variety grows on vigorous vines. It is good as a snap or dry bean and has shiny, black skin. Vigorous, long vines need support. Soak seeds overnight and direct seed after the last frost. Harvest frequently to keep plants productive.



Growth: Pole bean

Description: Shiny black

Days to maturity: 85

Primary use: Soups and stews.

Also good as a snap bean.

Qualities: Meaty, toothsome texture; keeps shape in cooking; rich flavor.

Commercially available: No

# ARIKARA YELLOW BEAN

Midwest

**Grown by North Circle Seeds**

The Arikara Yellow bean used to be a primary food crop for the Arikara Tribe of the Missouri Valley in the midwestern US. Because of its early maturity and drought resistance, it survives the short growing season of the Northern Plains, and is used primarily as a dry bean. This is a great creamy cooking bean with a hard shell that holds its shape during a short cook time. In 1956, the Army Corps of Engineers built Garrison Dam along the Missouri River. The dam flooded the Arikara's best arable lands and left the Tribe with little farming land for their beans.

Growth: Bush bean

Description: Yellow bean with red hilum

Days to maturity: 80

Primary use: Fresh as a snap bean or dry bean in soups and stews.

Qualities: A wonderful multipurpose bean, excellent in soups and stews, baked or even made into a spread.

Commercially available: Farm stands, farmers markets



# FOUR CORNERS GOLD BEAN

Southwest

Grown by High Desert Seeds

A Southwest Pueblo variety, the Four Corners Gold is also known as Zuni Gold. It's a rich and creamy culinary treasure, highly adaptable and drought tolerant with a deep genetic history of growing in the American Southwest. In this region, the Zuni people traditionally grew this golden bean, which is also called Shalako in honor of the ceremonial dances that bring abundance. It pairs well with Southwestern dishes and is renowned for its ability to absorb the spicy flavors from the chilies endemic to the Southwest. This bean continues to be produced by small farmers and bean enthusiasts in the Southwest but is relatively unknown to the general public.



Growth: Bush bean

Description: White bean; golden mottling

Days to maturity: 90

Primary use: Fresh as a snap bean or dry bean in soups and stews.

Qualities: Fresh, it is sweet and tender; dry, it is a rich, creamy stew bean. May have a nutty flavor. Retains shape.

Commercially available: Farm stands, farmers markets



# ROCKWELL BEAN

Northwest

**Grown by Ebony by Nature Farm  
for True Love Seeds**

Elisha Rockwell brought this heirloom dry bush bean to Coupeville, WA in the late 1800s. This gem became favored on Whidbey Island for its ability to germinate in cool soil and hold shape when cooked, and for its early maturity and flavor. In 2017, a tragic fire wiped out nearly the entire stock of Rockwell Beans. Local community members and chefs combined the few beans they had left for farmers to grow out. Five years later, we are pleased to share this bean with you! Our seed stock came from the Smith family, long-time seed stewards in Coupeville who worked effortlessly to popularize this bean among Seattle chefs.

Growth: Bush bean

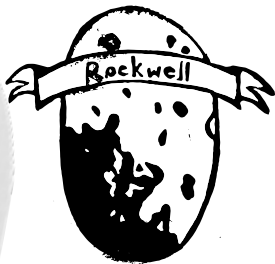
Description: White bean with maroon mottling

Days to maturity: 85

Primary use: Baking bean

Qualities: Renowned for its baking qualities; creamy and rich and keeps its shape in cooking.

Commercially available: No



# SANTA MARIA PINQUITO BEAN

California

Provided by **Rancho Gordo**

The Santa Maria Piquito bean comes from Santa Maria, CA, where it is known as a classic side dish bean. The bean is small, hearty and pink with a dense and creamy consistency. The Piquito bean is a quick-cooking bean that holds its form once heated, making it perfect for use in chili and salads. Local lore says that this heirloom bean was a staple during the Mission era, moving its way up the California coast during the 1800s. A tiny bean deeply connected to the state of California's own multicultural heritage, this "little pink" bean is the traditional Santa Maria BBQ bean.



Growth: Semi-bush bean;

provide light support

Description: Small, blocky, pink bean

Days to maturity: 85

Primary use: Dry bean

Qualities: Tender-skinned bean with a meaty yet creamy texture. Produces a rich bean broth, making it perfect for chili.

Commercially available: Yes (Rancho Gordo, Llano Seco)

# LET'S GROW SOME BEANS

Weather is an important consideration when planting beans. Beans do not transplant well and do best when directly sown into the garden. Sow the seeds when soil temperatures are around 60 degrees Fahrenheit and the ambient air has warmed

to at least the same temperature (at least 2 weeks past the last danger of frost). Beans thrive in full sun exposure.

Most varieties require 60 to 70 days to first harvest. To ensure a continuous crop of beans all season, plant every two weeks.

**Planting depth: 1"**  
**Spacing in row: 3-4"**  
(bush), 4-6" (pole)  
**Spacing between**  
**rows: 18-24" (bush),**  
**30-36" (pole)**

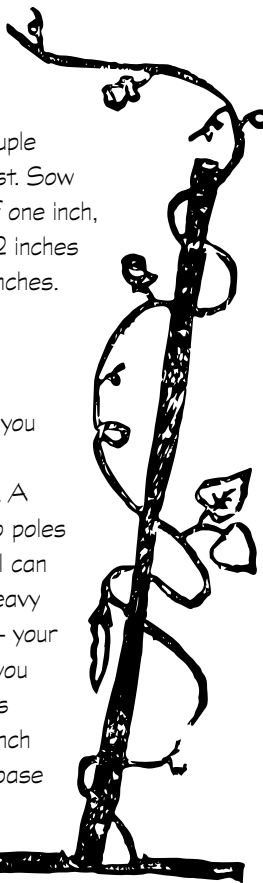


## PLANTING BUSH BEANS

Make a furrow with a hoe, stick or your finger. Plant in warm soil a couple weeks after the last danger of frost. Sow directly in the ground at a depth of one inch, spaced every few inches in rows 12 inches apart. Thin to one plant every six inches.

## PLANTING POLE BEANS

Plant pole beans in an area where you can erect a trellis. Beans will grow as tall as there is support to climb. A pyramid-like structure with bamboo poles or branches buried firmly in the soil can provide support. Plants are very heavy and strong once they are mature – your structure should be sturdy! Once you have a trellis in place and the soil is warm, plant your bean seeds one inch deep directly in the ground at the base of your trellis.



# WHAT'S A BEAN?

“**Legumes**” refers to the whole group of beans, from soybeans to peanuts, green beans, peas, lentils and dry beans.

“**Pulses**” refers to the dried edible seeds of legumes and includes the common beans like the ones you find in the Plant a Seed kit this year!

## LEGUMES

### Oilseed legumes

Higher fat and calorie content

Soybeans, peanuts

### Fresh legumes

Eaten as fresh vegetables

Fresh beans, peas/pods

## PULSES

Dried, edible seeds of grain legumes

Low fat, high fiber, high protein

Beans

Lentils

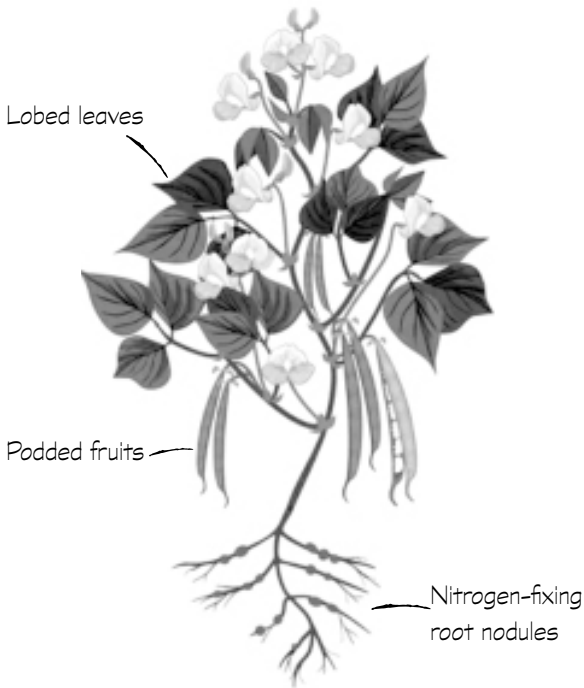
Dry peas

Chickpeas

Learn more about the nutritional benefits of pulses from our friends at FAO!



# CHARACTERISTICS OF A LEGUME



# PULSES AND CLIMATE CHANGE

Pulses are **climate smart** as they simultaneously adapt to climate change and contribute towards mitigating its effects.

Pulses can fix **atmospheric nitrogen** and provide it to the soil. This reduces the need for synthetic nitrogen fertilizers and contributes to **reducing greenhouse gas emissions**.

**85 million hectares of pulses have contributed to fixating 3 - 6 million tonnes of nitrogen in soils.** (FAOSTAT, 2014)

Learn more about the environmental benefits of pulses from our friends at FAO!



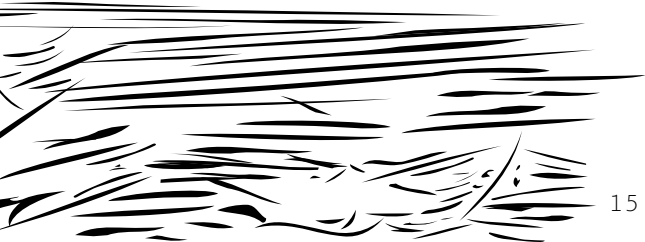
# PULSES AND CLIMATE CHANGE

Pulses have a broad genetic diversity. This diversity is a particularly important attribute because **more climate-resilient pulse varieties can be developed.**

Many pulses are drought-resistant and are suitable for marginal environments. Including pulses in crop rotations utilizes symbiotic microbes to fix nitrogen, partly transferring it to subsequent crops, **increasing their yields.**

Intercropping has a higher soil carbon sequestration potential than monocrop systems.

When included in livestock feed, pulses by-products contribute to improve feed conversion ratio while **reducing greenhouse gas emissions** at the same time.





# PULSES AND NUTRITION

Pulses are an important source of accessible protein and minerals, and are significantly less expensive compared to animal protein foods. Protein quality matters, particularly for growth and development.

**The protein quality of vegetarian diets and plant-based diets is significantly improved when pulses are eaten together with cereal grains.**

With a low glycemic index, low fat and high fiber, pulses are suitable for people with diabetes. Pulses increase satiety and help to stabilize blood sugar and insulin levels by reducing spikes after eating and improving insulin resistance.

When beans are eaten with other foods such as grains, **the nutritional value of pulses is even greater** as the body is better able to absorb iron and other minerals found in pulses.



# TOP 10 HEALTH REASONS TO EAT PULSES

1. LOW-FAT
2. LOW SODIUM
3. GOOD SOURCE OF IRON
4. HIGH SOURCE OF PROTEIN
5. EXCELLENT SOURCE OF FIBER
6. EXCELLENT SOURCE OF FOLATE
7. HIGH SOURCE OF POTASSIUM
8. LOW GLYCEMIC INDEX
9. CHOLESTEROL-FREE
10. GLUTEN-FREE



# LET'S EAT SOME BEANS

Fresh, shelled, sprouted, soaked, stewed – there are so many ways to enjoy beans at all stages of their growth cycle! **All the beans in the 2022 Plant a Seed kit can be enjoyed at all stages of maturity.**

## **Green beans**

Beans in their immature stage are called green beans. This is the first chance you have to enjoy your beans. All of the beans in the kit can be eaten at this stage and regular harvest of beans at the green stage will encourage more flowering and more beans! Even if you are planning on saving your bean seeds this year, you should eat a few of your beans green!

## **Shell beans**

This stage is when the bean seeds within the pod are now mature, though not yet dry. You must “shell” the beans to enjoy them! Beans at this stage have developed more starches and should be cooked to be fully enjoyed. Boiling them until tender and then tossing into a summertime salad is one of the best ways to enjoy beans at this stage.

## **Dry beans**

This stage is when your beans are fully mature and dry in their pod. Beans at this stage can be stored for future planting and eating. Always sort your dry beans for sprouting or cooking to ensure that rocks, twigs or bits of dry shell don't end up in your bean dish.

## **Sprouting beans**

One of the most nutritionally dense ways to eat beans is to sprout them. This is particularly economical with small-seeded pulses such as peas, lentils, mung, adzuki and chickpea, though you can sprout any bean. You can easily sprout beans with a quart sized glass jar, some fabric and a rubber band.

**Soak:** Soak your beans for 12 hours in room-temperature water in a jar. Cover the jar with a cloth secured with a rubber band. Only soak once.

**Rinse:** After soaking, drain your beans and rinse several times with cool water.


**Drain:** Drain the jar thoroughly. Keep jar with beans upright out of the sun and let sit until you rinse again.

**Repeat:** Rinse and drain every 12 hours. In 3 days, your sprouts should be ready to eat!

**Store:** Store your sprouts in a semi-dry state in the refrigerator for 2-3 days.

## COOKING FRESH GREEN BEANS (OR SHELL BEANS)

Fresh green beans can be delicious eaten raw straight from the garden, but they truly shine if they are cooked quickly over high heat. Blanching green beans is a true magic trick to keep green beans green even if they are sauteed or stir-fried later on. To blanch green beans:

- Bring a pot of water to boil.
  - Toss in fresh green beans and boil until desired level of doneness, 3 minutes or so.
  - While beans are boiling, prepare an ice bath with ice cubes and cold water.
  - When beans are done cooking, drain and add beans to ice water to remove all heat from the beans. This will keep them bright green!
  - Once chilled, you can eat the beans like this tossed in a salad, or store in the refrigerator for further cooking in a later recipe.
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## COOKING DRY BEANS

There is a great debate in the world of beans about soaking or not soaking your dry beans. It is largely a matter of two factors: age and available time.

Generally speaking, pre-soaking your dry beans makes your beans cook much quicker than not soaking them.

There are enthusiastic proponents of both soaking and not soaking; ultimately, it becomes a matter of preference. Try it both ways and decide for yourself!

## BASIC POT O' BEANS

If the dry beans you are cooking are under 1 year old, they will cook very quickly and don't require pre-soaking. If you would like to soak your beans, sort and rinse them, then cover by over 2" of room temperature water and soak for 4-12 hours or overnight. Drain and cook with water or stock and your choice of aromatics for 1-2 hours. If cooking unsoaked beans, be prepared to cook for 2-4 hours. Salt towards the end of cooking when beans are almost all the way softened.





Enjoy FAO's recipe  
book, **Pulses:  
Nutritious Seeds for  
a Sustainable Future**



## CEDAR BRAISED BEANS

by **Sean Sherman**

- 1 cup Arikara Yellow beans
- One 5 to 6-inch branch cedar
- Salt to taste
- Freshly ground juniper to taste

Put the beans in a large pot or bowl, and cover with cold water by 3 inches. Allow the beans to soak for at least 6 hours or overnight. Drain the beans and transfer them to a medium saucepan or soup pot.

Add 3 cups of cold water to the pot and lay the cedar branch over the beans. Set the pot over high heat and bring it to a boil. Cover the pot and let simmer until the beans are very soft. Begin tasting the beans after about 25 minutes of simmering. Remove and discard the cedar. Drain and reserve the cooking liquid for soups and stews. Serve the beans or store covered in the refrigerator for several days or freeze.

# THREE SISTERS STEW & BLUE CORN DUMPLINGS

Recipe by Loretta Oden

## Stew

- ½ cup dried Anasazi or pinto beans
- ½ cup dried lima beans
- ½ cup dried white beans
- ½ cup dried Cherokee Trail of Tears beans
- 1 tablespoon olive oil
- 1½ cups finely chopped yellow onion
- 1½ cups finely chopped green bell pepper
- 2 tablespoons finely chopped garlic
- 1 jalapeño, stemmed, seeded and finely chopped
- 2 teaspoons cumin seed
- 1/8 teaspoon cayenne pepper
- 2 teaspoons chile powder
- 1 (28-ounce) can peeled tomatoes, with juice
- 3 ears corn (about 3 cups corn kernels)
- ½ cup dark beer
- 2 cups diced zucchini, yellow squash, and/or other summer squash

Place the beans in a large saucepan or Dutch oven. Cover with water by 2 inches and soak for 2 hours or overnight. Drain and set aside.



Heat the olive oil in a large saucepan or Dutch oven over medium high heat; sauté the onions, bell pepper, garlic, and jalapeño until soft, about 5 minutes. In a dry small skillet, toast the cumin seed until aromatic and lightly browned; grind in a mini food processor or coffee or spice grinder, and add to the onion mixture.

In the same skillet, toast the cayenne and chile powder for just 1 or 2 minutes, being careful not to burn; add to the onion mixture. Add the tomatoes to the onion mixture and simmer for 15 minutes. Add 3 quarts water and drained beans to the pan and bring to a boil. Reduce the heat and simmer until the beans are tender, about 1½ to 2 hours.

Cut the corn kernels off the cob. Add the beer, corn kernels, and squash and cook until the squash is tender, about 10 minutes. Add salt and pepper to taste.

**Tip:** You don't have to soak beans overnight. To quick-soak: Pick and sort the beans, then cover with cold water. Bring to a boil, cover the pot, and remove it from the heat. Let sit for 1 hour. Drain off the soaking liquid and fill the pot with fresh water. Cook as directed.

## Dumplings

- ½ cup blue cornmeal (yellow or white is ok if that's what you have)
- ½ cup all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 egg
- 1/3 cup milk
- 1 tablespoon unsalted butter, melted
- ½ cup cooked fresh, thawed frozen, or drained canned corn kernels

In a bowl, stir together the cornmeal, flour, baking powder, salt, and sugar. In another bowl or glass measuring cup, whisk together the egg, milk, and butter. Add the liquid mixture to the dry and mix just until incorporated; fold in the corn. Drop the batter by heaping tablespoons into the slowly simmering stew (there should be about 16 dumplings).

Cover and cook until a wooden toothpick inserted into the centers of the dumplings comes out clean, about 15 minutes. Spoon the stew into bowls and top each serving with 2 dumplings. Serve immediately.

# BEAN SALAD WITH ROASTED CARROTS AND MOJO DE AJO

by Abra Berens

## Bean salad and carrots

- 1 pound Four Corners Gold bean
- 2 onions cut into chunks
- 10 sprigs thyme
- 3 bay leaves
- 1 teaspoons salt
- 2 pounds carrots, cut in half lengthwise
- Olive oil
- Chile flakes
- 10 sprigs cilantro, stems and leaves chopped
- ½ cup pepita seeds, toasted

In a large pot, cover the beans with water by 2 inches. Add the onion, thyme and bay leaves. Bring to a boil, then turn down to a simmer and cook until the beans are tender (20-90 minutes, depending on whether the beans have been soaked and their freshness).

When the beans are tender, add the salt and let sit for 10 minutes. Remove and discard herbs.

Preheat oven to 400 degrees F. Toss carrots with a glug of olive oil, a couple of pinches of salt, and a pinch of chile flakes. Roast carrots until caramelized on

the outside and tender on the inside, 40 minutes.

To serve, spoon a heaping serving of cooked beans per person into a bowl and gently fold in 1/4 cup of mojo de ajo (see recipe below) per serving. Transfer the beans into a serving dish or individual bowls, portion the carrots evenly among the serving dishes, and garnish with the chopped cilantro and a handful of pepitas.

### **Mojo de Ajo**

- 1 cup neutral oil
- 20 garlic cloves, peeled and left whole
- 2 sprigs oregano
- 3 limes, zest and juice
- 1 orange, zest and juice
- Salt

Preheat the oven to 300 degrees F. Combine the oil, garlic cloves and oregano in a small ovenproof pot. Bake for 45 minutes or until the garlic is soft and fragrant. Alternatively, stew on the stove over very low heat, checking on it regularly.

Allow to cool. Remove the oregano sprigs, squeezing any oil clinging to the leaves back into the pot. Add the citrus zests and juices and a couple of pinches of salt. Stir to combine, lightly smashing the garlic cloves to make a thick, oily sauce.

# GRANDMA SMITH'S ROCKWELL BAKED BEANS

Recipe by **Georgie Smith, Willowood Farms**

- 2 cups or 1 pound Rockwell beans (each cup is 2-3 servings)
- 1/2 to 1 cup of brown sugar
- 1 tablespoon dry mustard powder
- 1 onion, chopped
- 4-5 large cloves garlic, chopped into large chunks
- 1 small package cured salt pork, cut into 1-inch chunks
- Salt and pepper to taste

Soak the beans overnight. Place beans in 2 quart oven safe casserole dish with a lid. Add onion, garlic, salt pork and half of the brown sugar and dry mustard. Cover with water, enough to cover the beans by about double their depth. Put lid on, place into oven at 325 to 350 degrees. Bake for 3-4 hours. Check every 30 minutes, stirring and adding water if the beans start to dry out.

When the beans are soft and creamy, add more brown sugar, dry mustard and salt and pepper, as desired. Take lid off and cook an additional 15 minutes to caramelize the top and cook off any excess water.

# RIBOLLITA

Recipe by Jay Lippin

- 4 quarts mushroom stock
- 1 bunch flat Italian parsley
- 4 stems celery, chopped
- 5 carrots, peeled and chopped
- 2 red onions, chopped
- 8 cloves garlic, chopped
- 1/2 cup olive oil
- 1 bunch Swiss chard, stems removed and coarsely chopped (Cavalo nero could be a substitute)
- 1 large can plum tomatoes
- 2 cups dried Hanks X-Tra Special Baking beans
- 2 bay leaves
- 2 sprigs thyme
- Salt and fresh pepper
- Toasted country bread

Rinse and drain beans. In large pot over medium high heat, add olive oil and parsley, garlic, celery, carrots, and onions. Cook while stirring until aromatic.

Add the herbs, tomatoes, and beans with half of the mushroom stock to the soup. Bring to the boil then cover and simmer on low heat until beans are soft, adding more stock if needed, 1-2 hours.

Remove bay leaves and thyme stems and season to taste. Puree the soup with an immersion blender if desired. For a more rustic version, do not puree at all or puree only half the soup. Add the Swiss chard and leave on the stove until cooked down.

To serve: Place the bread in the bowl cover with the soup and drizzle with extra virgin olive oil, or reserve some shaved Swiss chard put on top of each serving.

## **RANCHO GORDO'S SANTA MARIA-STYLE PINQUITOS**

by **Steve Sando**

- 1 pound Santa Maria Piquito beans
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1/2 teaspoon English-style dry mustard
- 1/2 teaspoon smoked Spanish paprika
- 1 tablespoon tomato paste
- Salt and freshly ground black pepper

Place the beans in a large kettle or bean pot, add enough cold water to cover them by 2 inches, and bring to a boil over high heat. Reduce the heat and simmer for 1 hour. Add the onion, garlic, mustard, paprika, and tomato paste, and season with salt and pepper. Simmer until the beans are tender.

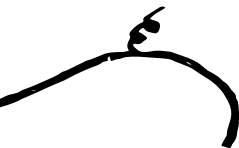
## SAVING BEANS FOR SEED

Harvest the bean pods when the beans rattle around inside the pods. The pods often shatter at this stage with little encouragement, making harvesting dry beans an interesting challenge. You must harvest dry beans in dry weather. If the extended forecast is for wet weather, you can pull the whole plants and hang them inside to finish drying. Harvest the pods and lay them out in a single layer to finish drying and store them in a labeled paper bag for shelling later. Once shelled, store your beans in a cool, dry, airtight, pest-free location.

## SEED LIBRARIES



## HOW TO HOST A SEED SWAP





# JOIN THE SLOW BEANS COMMUNITY

Join a growing community of Slow Beans enthusiasts! Celebrate beans by using #SlowBeans, #LovePulses and #PlantASeed2022 in your social media posts.

Join our listserv here:



## LINKS

Visit [slowfoodusa.org/bean-zine](https://slowfoodusa.org/bean-zine) to quickly access all the links we share throughout this zine!

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Special thanks to Scout for supporting printing costs for this Bean Zine.