

Nebraska Dry Edible Beans

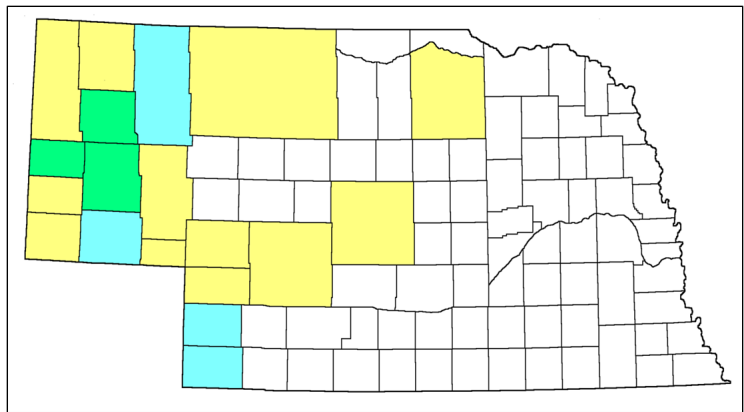


The first Great Northern beans were planted north of Morrill, NE in 1923 by Chester B. Brown.



Fun Facts about dry edible beans

Did you know.....



★ #1 in production ★ #2 in production ★ #3 in production

- Nebraska is the leader in Great Northern production accounting for 86% of U.S. production.
- Second largest producer of Light Red Kidney and Pinto beans
- Third largest producer of Black beans
- Nebraska also produces Navy, Pink and Garbanzo beans

In 2017, U. S. farmers produced more than 3.58 billion pounds of dry beans. Nebraska farmers produced 390 million pounds of dry beans ranking Nebraska as the third largest producer of dry beans in the U.S.

The U. S. is the sixth largest producer of dry beans in the world. About 20 percent of U.S. dry bean supplies are destined for the export market, while imports make up about 14 percent of domestic dry bean consumption.

Source: USDA ERS



Dry beans are legumes grown to the mature stage, allowed to dry, and harvested for the seed within the pods. Most U.S. dry beans are produced for human consumption.

Dry beans were originally domesticated in Central and South America over 7,000 years ago which moved northward through Mexico and spread across most of the United States.



Nebraska's largest dry bean production was in 1990 with 5.004 million cwt harvested from 254,000 acres.

KEY ISSUES:

- Beans are an excellent source of fiber.
- Beans are an excellent source of plant protein.
- Beans are an naturally low in fat and sodium.
- Beans have no saturated fat or cholesterol.
- Beans provide other nutrients such as iron, potassium, folate, and zinc.



The USDA MyPlate Food Guidance System includes dry beans in the Protein and vegetable categories



Studies show consuming of dry beans can aid in reducing the risk of birth defects in children, reduced risk of heart disease and certain types of cancer.

Why dry beans are considered a Super Food



Great Northern Beans are medium-size, oval shaped, creamy colored bean with a texture mild, delicious flavor are commonly used in soups, stews, baked beans and French cassoulet.



Pinto Beans the most popular bean in the United States and Northwestern Mexico, commonly used in Tex-Mex cuisine, chili and refried beans.



Light Red Kidney Beans are large, kidney-shaped beans with a firm texture, they are commonly used in soups, chili and are popular in the Caribbean region, Portugal and Spain.



Garbanzo Beans also known as chick peas, are popular for their rich, nutty flavor. Garbanzo beans are popular in Indian cuisine and are used to make hummus.



Black Beans are medium-sized, oval-shaped beans with matte black skin. They are also called Turtle Beans. Black beans are sweet-tasting with a soft texture. They are popular in Central America, South America and Caribbean cuisine.



Pink Beans are small, oval-shaped beans with a pale, pink skin. Pink beans are very popular in Caribbean countries. Pink beans are known for they versatility and can be used in soups, stews and on salads.



Navy Beans are small, oval shaped beans with white skin which are commonly used in canned baked beans. Navy beans got their name because of their inclusion in the U.S. Naval diet during the second half of the 19th Century.

Bean math:

1 pound dry beans	= 2 to 2 1/2 cups
1 cup dry beans	= 2 to 3 cups cooked beans
1 16-oz. can cooked beans, drained	= 1 3/4 cups
1 15-oz. can cooked beans, drained	= 1 1/2 cups

½ cup serving of cooked beans contains, on average, 115 calories, 8 grams of protein, less than half a gram of fat, 21 grams of carbohydrates, and 7 grams of fiber.