

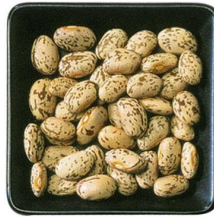
**Pinto
Beans**



**Black
Beans**



**Black Eyed
Peas**



**Kidney
Beans**



**Garbanzo
Beans**



The Vegetable of the Month is BEANS!

Beans grow inside of pods. All vegetables with seeds that grow inside of pods are called Legumes. Beans are one kind of legume; peas and peanuts are also members of the Legume family.

Beans that are eaten as whole pods when the pods are young and fresh are called "Green Beans" or "String Beans". Beans that are eaten as seeds after the pod has dried are called "Dry Beans". Some common dry beans varieties are: Pinto beans, Black beans, , Black-eyed peas, Kidney Beans, Garbanzo beans (Chick peas), Soybeans, Fava beans, and Lima beans.

The ancient Greeks used to hold a "bean feast" to honor, Apollo, the Sun God.

Some of the foods made with beans include chili, burritos, three bean salad, rice and beans, Boston baked beans, and black bean sauce. Chili is so popular in Cincinnati, Ohio, that the State has 3 times as many chili restaurants as it does McDonald's restaurants.

In 1620, the Native Americans taught the Pilgrims how to make baked beans.

Beans are a great source of fiber, protein, B vitamins, calcium, and iron. Beans are naturally low in fat and are cholesterol free.



**Look for BEANS
on the lunch line
this month!**

