INCREDIBLE EDIBLE IDAHO

BEANS

IDAHO BEAN FACTS:

Most of Idaho's dry bean production comes from the south central region of Idaho.

Idaho bean farmers grow 10 varieties of dry beans including Pinto, Kidney, Red, Small White, Cranberry, Navy, Light Red, Great Northern, Black and Pink beans.

Idaho is ranked in the top 10 in the nation in dry bean production, with a crop value of over $61 million per year!

Dry beans will expand to 2.5 – 3 times their original size after cooking.

Idaho produces over 250 million pounds of dry beans annually.

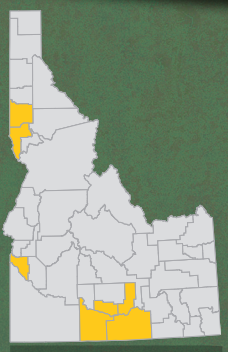
BEAN NUTRITION FACTS:

Beans are an excellent source of protein.

Because of their high nutrient content, beans may count as a vegetable or a protein food.

Beans are excellent sources of fiber and nutrients such as potassium and folate.

1 cup of beans provides almost half of the fiber you need in a day.



Counties Dry Beans Are Grown In:
Canyon, Cassia, Jerome, Minidoka, Twin Falls, Latah, and Nez Perce

Classroom handouts of this poster and correlating activity sheets can be printed at www.sde.idaho.gov/site/cnp/farmToSchool/fom.htm