



Beans

FIND LOCAL BEANS IN ARIZONA:



2026 Producer List

BEAN TYPE	DESCRIPTION	LOCAL PRODUCERS
Mayocoba	Medium, pale yellow	Crooked Sky Farms
Pinto	Medium, speckled beige	Bonita Bean Company
Tepary (white, brown, black)	Small, high protein	Ramona Farms
Black (Tuttle)	Small, black exterior	Crooked Sky Farms
Garbanzo	Medium, round, beige	Ramona Farms

TEACH

BEAN HARVEST FACTS!

- The top five beans grown in the United States are pinto beans, navy beans, black beans, red kidney beans and great northern beans.
- They come in tons of colors. Beans can be black, white, red, green, yellow, purple, and even speckled!
- They're part of the "legume" family. Beans grow in pods, just like peas. That makes them part of a plant group called legumes
- Beans and other legumes are "nitrogen-fixing" plants, putting essential nutrients back into the soil, which helps other plants grow.
- They're high in plant protein and fiber. They are also a good source of magnesium, iron, potassium and folate.
- Soaking dried beans helps them cook faster, makes them easier to digest, improves texture, boosts nutrient absorption, and removes dust or impurities.

TASTE

LOCAL BEAN RECIPE:

Yield: Approximately: 20 cups cooked;
2 oz. eq. MMA per ½ cup serving **or**
credits as ½ cup bean/pea/legume
vegetable sub-group

(always refer to the nutrition label provided for the product or access the Food Buying Guide for meal component compliance)

For a delicious, homemade beans, follow this simple ingredient guide for any kind of dry bean when cooking.

On average, you'll need:

- **dried beans, 2#**
- **water, 8-10 cups**
- **garlic, 2-3 large, cloves**
- **whole onion, 1-2 medium**
- **salt, 1 tablespoon (add later)**



Sorting & Washing: Rinse beans thoroughly under cold water until the water runs clear to remove dirt and any rocks or debris.

QUICK MATH:

DRY TO COOKED BEANS



1 pound as purchased dry tepary beans yields approximately	11, ½ cups cooked black beans
1 pound as purchased dry black beans yields approximately	9, ½ cups cooked black beans
1 pound as purchased dry garbanzo beans yields approximately	12, ½ cups cooked garbanzo beans



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