Legumes

A legume is a plant whose edible fruit is enclosed in a pod.

**Botanical Name**
Leguminosae

**Plant Family**
Fabaceae

**Edible Parts**
Seed and/or fruit

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Plant Varieties

There are three categories of legumes: fresh peas and beans, soybeans and peanuts, and pulses.

Try out these legume varieties that thrive in southern garden:

- Tavera Haricot Vert
- Royal Burgundy Beans
- Sugar Ann Dwarf Snap Pea
- Rattlesnake Pole Snap Bean
- Pinkeye Purple Hull Southern Pea (CowPea)
- Jackson Wonder Butterbean
- Bush Lima Bean

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Did You Know?

Beans are grown on every continent except Antarctica.

Legumes are excellent sources of protein, low-glycemic index carbohydrates, essential micronutrients, and fiber.

Lentils have been found in Egyptian tombs dating back to 2400 BC.

Chickpeas (or garbanzo beans) are named for their beak-like shape resembling that of a baby chick.

President Thomas Jefferson grew 30 different kinds of peas.

In 2014, Georgia farmers harvested 591,000 acres of peanuts, the official state crop, for a yield of 2.4 billion pounds. This was over 46% of our nation’s peanut harvest!

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Legume Laughs

Q: What vegetable can tie your stomach in knots?
A: String beans!

Q: What's a poet’s favorite legumes?
A: Rhyma-beans!

Q: What did the chickpea say when she had a stomach ache?
A: I falafel!

Q: What did one bean say to the other bean?
A: How you bean?

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For more information, visit www.georgiaorganics.org/for-schools/octoberfarmtoschoolmonth.
Three Bean Salad

Adapted from Valerie’s Kitchen

**Ingredients:**

**Three Bean Salad**
- 8-10 oz. fresh green beans
- One 15 oz. can kidney beans, drained
- One 15 oz. can garbanzo beans
- 2 stalks celery, finely diced
- ½ cup white onion, finely diced
- 2 tbs. Italian parsley, minced

**Dressing**
- ½ cup olive oil
- ¼ cup apple cider vinegar
- 1 tsp. Sugar or honey
- 1 tsp. minced garlic
- 1 tsp. salt
- ½ tsp. Dijon mustard
- Black pepper, to taste

**Directions**

- Set a large pot of water on the stove over high heat. Fill a large bowl with water and ice.
- Once water is at a rolling boil, add the green beans. Boil for 2 to 3 minutes. Drain the green beans in a colander and immediately soak in the ice water while preparing the rest of the recipe.
- Combine dressing ingredients in a container with a tight fitting lid. Cover tightly and shake until combined.
- Drain green beans in a colander and cut into ½ inch pieces.
- Combine all of the green beans, canned beans, celery, and onion in a large mixing bowl. Add dressing and toss to combine. Sprinkle parsley on top of salad and mix well.
- Enjoy now or refrigerate for 3 hours to marinate before serving.

**Sources:**

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