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# NORTH HARVEST Bean Grower

OFFICIAL PUBLICATION OF THE NORTH HARVEST BEAN GROWERS ASSOCIATION

Volume 11, Issue 4

November/December 2005

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## New Look for Northharvest Bean Grower Magazine

As you can see, the Northharvest Bean Grower magazine has undergone a "facelift." We hope you like the new look, and we welcome your feedback and suggestions at [nhbean@loretel.net](mailto:nhbean@loretel.net).

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# MarketNews

## Production expected higher than '04 in 15 of 17 states

U.S. dry edible bean production is forecast at 26.1 million cwt for 2005, which

would be up 47% above last year, according to October USDA crop production

estimates.

USDA forecasted harvested acreage at 1.52 million acres

in October, which would be up 25% from last year. Average U.S. yield is forecast at 1,715 pounds

Dry Edible Beans: Area Planted and Harvested, Yield, and Production by State and United States, 2004-2005 <sup>1</sup>

State	Area Planted		Area Harvested		Yield <sup>5</sup>		Production <sup>5</sup>	
	2004	2005 <sup>2</sup>	2004	2005	2004	2005	2004	2005
	1,000 Acres				Pounds		1,000 CWT	
CA	60.0	66.0	57.0	64.0	2,040	1,800	1,163	1,152
CO	75.0	130.0	67.0	116.0	1,550	1,650	1,039	1,914
ID	80.0	100.0	78.0	98.0	2,100	1,900	1,638	1,862
KS	9.0	13.0	8.5	12.5	1,800	1,900	153	238
MI	190.0	235.0	185.0	225.0	1,700	1,700	3,145	3,825
MN	115.0	145.0	100.0	130.0	1,150	1,600	1,150	2,080
MT <sup>3</sup>	13.0	17.0	12.7	16.5	2,240	2,400	285	396
NE	120.0	175.0	110.0	165.0	2,160	2,300	2,376	3,795
NM <sup>3</sup>	6.0	6.3	6.0	6.3	1,150	1,600	1,150	2,080
NY	24.0	25.0	23.5	24.5	1,050	1,200	247	294
ND	560.0	620.0	475.0	540.0	1,000	1,500	4,750	8,100
OR <sup>3</sup>	8.0	8.0	7.5	7.9	1,550	2,000	116	158
SD	9.0	16.0	8.9	15.0	1,840	1,800	164	270
TX	20.0	17.0	17.5	16.0	800	1,600	140	256
UT <sup>3</sup>	5.3	4.5	4.8	4.4	300	450	14	20
WA	30.0	48.0	29.0	48.0	2,100	1,800	609	864
WI <sup>4</sup>	5.0		4.9		2,310		113	
WY	25.0	34.0	24.0	33.0	2,250	2,300	541	759
U.S.	1,354.3	1,659.8	1,219.3	1,522.1	1,460	1,715	17,799	26,109

<sup>1</sup> Excludes beans grown for garden seed.

<sup>3</sup> Estimates for current year carried forward from an earlier forecast.

<sup>5</sup> Cleaned basis.

<sup>2</sup> Revised from the August "Crop Production" report.

<sup>4</sup> Estimates discontinued in 2005.

Source: USDA statistics



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per acre, which would be 255 lbs above last year. Planted acres are estimated at 1.66 million acres, a 23% increase from 2004.

Production is expected to be higher this year compared to

2004 in 15 of the 17 edible bean producing states. Colorado production is up 84%, Texas production increased 83%, and Minnesota is 81% above 2004. North Dakota growers expect an increase of 71%, S.D. production

is forecasted 65% above last year, and Nebraska is up 60%. Kansas production is up 56%, Utah 43%, Washington 42%, Wyoming 40%, Montana 39%, Oregon 36%, Michigan 22%, New York 19%, and Idaho has

a 14% increase. Only two states expect production to be lower than last year: New Mexico producers expect production to decrease 19% and California growers expect a 1% drop. ■

## Manitoba Dry Bean Post-Harvest Market Outlook

All in all, the Manitoba dry bean crop looks well-below average in terms of yields and quality levels this year. Many acres were lost entirely amidst last June's heavy rain, and those fields that came through have been yielding just 700-800 lb/ac.

Harvest isn't yet complete in Manitoba but at this stage (mid-Oct), it's believed that the year's best bean crops are already in the bin, and that crops still standing will yield much lower than what's been seen so far. Anyone with beans not yet harvested likely didn't get them seeded early,

or faced some other problem that caused the crop to mature unevenly. Highly variable plant maturity levels within fields can lead to a high percentage of immature green beans in the sample, or lots of splits. Either way, it causes yields to suffer.

That said, supply levels in Manitoba don't matter too much to buyers of most types of beans, with Ontario and the U.S. having produced ample crops this year. This has caused North American dry bean markets to weaken as harvest progresses, with no major production problems having been seen this season with the exception

of many drowned-out fields in southern Manitoba earlier this spring.

With the market having factored these losses into their new-crop bids long ago, harvest pressure is having the typically weak effect on spot prices. Even though local supplies aren't large, the lack of a need for Manitoba-origin beans into many of the main destination markets will keep a lid on prices this year.

That said, the markets for different types of beans move in response to their own unique factors. All in all, the outlook for dry bean prices is fairly weak

for 2005/06, but the chances of any particular sub-type to rise later on may differ. These dynamics are discussed in more detail below.

**Pinto Beans:** The pinto bean outlook is particularly weak due to more than adequate supplies out of Ontario and the U.S. to meet typical demand. Currently historically low prices reflect this. It's arguable the market is bottoming amidst harvest pressure, but it's also clear that a significant increase in export demand is needed to alleviate the heavy North

*Continued on page 18*

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# BeanBriefs

## Green Valley Bean Has New Ownership

A group of local growers, management, and Walhalla Bean Company recently acquired the assets of Green Valley Bean from Red River Commodities. The new company will operate as Green Valley Bean, LLC with offices located in Park Rapids, Minn. Sales and Administration will be handled out of Walhalla Bean Co's Grand Forks offices.

Green Valley Bean, LLC will continue to operate as a kidney and pink bean processing company, with no major changes planned. Contracts currently with Red River Commodities for the 2004 crop will remain with Red River and will be executed by GVB. All 2005 contracts with Red River will transfer to GVB.

Direct questions to John Berthold, ph. 701-775-3317, email: [wbcm@gfwireless.com](mailto:wbcm@gfwireless.com)

## Falkirk elevator approves specialty plant

Members of the Falkirk Farmers Elevator near Underwood, N.D. recently voted to spend \$2 million to build a specialty plant to clean and bag peas, dry edible beans, lentils and sunflowers. Elevator manager Ron Hefta says that growers in the area have been planting more of these type of crops in recent years, and the elevator wants to expand into processing them. Construction

of the project could start this fall, and the plant will employ three people.

## U.S. Dry Bean Council Promotes in South Africa

Representatives of the U.S. Dry Bean Council exhibited at "Africa's Big Seven," the largest food industry show in South Africa, this past summer. The objective of this activity was to identify opportunities for U.S. dry beans in commercial and food aid markets in this region, and develop contacts with prospective buyers.

The Africa's Big Seven show is so named since it showcases seven major categories of industry: 1) agri-food; 2) meat; 3) bakery; 4) dairy; 5) hardware and housewares; 6) retail equipment; and 7) retail services. The USDBC's exhibit included displays of major U.S. dry bean types.

The delegation uncovered prospective opportunities to develop greater demand for U.S. dry beans in South Africa. Notably:

1. The market for canned beans is growing, and may present opportunities to build on the U.S. navy bean's reputation as a premium quality canning bean.

2. Production of meat pies (meat stews in pastry crusts) is big and a growing business in South Africa. The delegation met with major meat pie manufacturers at the show, and is working to interest them in



producing a meat pie with dry beans in it.

3. Per capita dry bean consumption in South Africa seems low for a country where over half the population lives in poverty. USDBC could work with a) the provincial health departments (nutrition section), b) the federal Dept. of Social

Welfare and/or c) the South African Dry Bean Producers Organization to promote the nutritional benefits of dry beans to South African consumers, with the hope that a bigger dry bean market plus growing disposable income will open opportunities for cleaner and better cooking U.S. dry beans.

## Minnesota Dry Bean Research and Promotion Election Results

The Minnesota Dry Bean Research and Promotion Council recently held elections.

Mark Welling from Chippewa County was re-elected for District 3. Mark grows corn, soybeans, edible beans, wheat and alfalfa on his 1,260 acre farm in Montevideo.

Mark belongs to the Chippewa County Farm Service Agency, Corn Growers Association and the Soybean Growers Association.

Mark says, "I want to help and promote an alternative crop that can add value to Minnesota agriculture."

James Zenk from Renville County was elected to serve for District 4. James grows corn, soybeans and navy beans on his 700 acre farm in

Danube.

James belongs to the Lions Club, American Legion, Farm Bureau, Pro Ag of Renville, Renville Corn Growers, Soybean Association, and the Finance Committee of his church council. He also serves as Chairman of the Winfield township supervisors, and past president of the Renville County Pork Producers.

James noted that he is happy to be elected to serve on the Dry Edible Bean Council. He thinks dry beans have enormous potential as a food source for growing world population. "We need to develop this potential by telling the world about our product and producing the kind of bean the end user wants to buy," says James.

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# The 2005 Bean Harvest

*Reports from growers and elevators around the Northarvest Bean area find that despite some bean crops dogged by weather, it was a better crop than expected*

**Dean Nelson, Colgate Commodities, Colgate, ND**

*Bean types grown in the area: northerns, blacks, pintos, navies, pinks, light red kidneys*

We were slowed up by rain toward the tail end of harvest; that last 10% of the crop always seems to take a little while longer to get off the fields. We had lots of drown-out areas that brought down the overall yields. Where we got beans planted, they were pretty good. Most of the quality has been pretty good and yields were better than average but the acres were down because of preventive plant this spring. In Steele County, according to the FSA office, we had as many acres on pintos that were preventive planted, that were planted. So we just didn't get a lot of the

acres that we thought we were going to get in the ground. The farmers have done some selling; price for pintos (at this writing in early October) are at \$13, navies are at \$19, blacks are at \$18, lights are at \$22 and pinks are at \$16.

**Ron Hefta, Falkiri Farmers Elevator, Washburn, ND**

*Bean types grown in the area: pintos, blacks, small reds*

A lot of the yields were in the 1,100-1500 lb range. The quality was good this year. We missed rains early this spring so our yield was cut off because of late season drought. We got about 15 inches of snow (the first week of Oct) which hampered the rest of the harvest. As far as pricing, blacks and reds were all under contract. Most of our producers

were real aggressive in selling in the early markets.

**Nick Shockman, Larson Grain, Englevale, ND**

*Bean types grown in the area: pintos, blacks*

The pintos yields are average, running about 1,800 lbs., mainly because of the drown-out. The crop that is coming off has good yields when you factor in the drown out areas. We have had quite a few rains in the early spring when they were trying to plant. Some got in late and some didn't even get their acres planted. The price for the blacks at harvest are around \$17-\$18 in this area and pintos are around \$13. It was an average year at best as far as the beans coming in. They are pretty good quality. We just wish that some of these

guys would have gotten more planted. With the water we got this spring during planting season, they didn't get as many acres as they wanted planted.

**Mike Beltz, producer, Hillsboro, ND**

*Bean types grown: pintos, navies*

The harvest dragged out this year, it started getting a little wet and some struggled to get them out. The yield was better than expected on my crops. It didn't look like much, there wasn't a lot of vine but there were beans out there. The quality was average. Some of the pintos around got a lot of rain earlier so the color wasn't as good as we would have liked to see. It was an average year. Many were pleasantly surprised by the



yield. I have already sold my beans and I was happy with the price on my navies. My pintos were disappointing. The price dropped even before harvest started. No post harvest plans for sales at this time.

**Marty Hettervig,  
producer, Buxton, ND**

*Bean types grown: navies*

The harvest this year was going better than guys were thinking, approximately 300-400 lbs better than we thought it would. The yield on the navies were running 1,800 lbs with about 20% that had water damage. Those with water damage were pretty poor. We got a lot of rain in May and June. We had approximately 14 inches between Mother's Day and the Fourth of July. The quality of this year's crop was mostly good. This growing season was average but wet. Price of navies at harvest were running \$19 and pintos are \$13. I had my navies contracted and sold them all. As far as next year, the higher fertilizer prices are going to be a decision factor on what I will

be planting next year, especially those with the higher input crops.

**Kevin Anderson, producer,  
East Grand Forks, MN**

*Bean types grown: navies,  
dark red kidneys*

There were a few stubborn beans that stayed green longer than we would have liked. Yields have been better than what most producers thought we were going to get. It all depended on what thunderstorm you were under. During the summer, it looked like yield would be average to poor but most guys have been saying that yields are good with a few fields that were severely damaged due to water early on. Quality for the most part has been good.

It has been an average year for us. It looked early on that it was going to be a poor year. Some guys had some fairly decent contracts. Prices on navies were good and we had contracts already for the dark reds last fall and so we ended up with some pretty decent

contracts. Unfortunately the current market on pintos has been poor (as of October). But overall, it has been a fairly decent bean year. Volatile weather, volatile fuel prices and markets have been all over the place. Every year has its challenges and '05 has been no different.

I haven't made any post-harvest plans at this time, but my family has been growing dry beans for approximately 30 years and we will continue.

**John Dunnigan,  
producer, Walhalla, ND**

*Bean types grown: pintos*

The bean harvest started slow. A lot of rain in the early part of the season and it prevented a lot of normal growth. It was wet this spring, we had to fight to get in the fields and then after we got it in, there were a lot of acres that drowned out right away. Then, it got hot and dry. This growing season was unbelievable, and left many fields around here with weak plants and weak stands. The early yield was

around 10 bags. The quality is ok. Some of the later crop was green and had a hard time becoming harvest ripe. The price at the elevators for pintos (in Oct) are \$13. I have a contract that I am trying to fill. I will fill that and then see what happens as far as further marketing.

**Mark Harless, Lee Bean  
and Seed, Borup, MN**

*Bean types grown in the area:  
pintos, navies, blacks*

It has been a really good crop but some of the harvest was delayed, mainly because of wet ground and green beans that haven't ripened yet. We have had rains this fall but the yields overall have been very good and the quality of the beans have been excellent. The harvest has been above average this year, we just needed to get the remaining beans out of the field. Prices here at the elevator (Oct.) for pintos are \$13, and \$17 on blacks. ■



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# "One Roof, One Voice"

## Advantages and efficiencies seen with consolidation of national dry bean groups into one

It's a matter of the dry bean industry working together under one roof and speaking with one voice.

As Northharvest Bean executive vice president Tim Courneya sees it, that's the key advantage of a proposed merger of the nation's three dry bean groups.

Here's a look at the three, and who does what now:

- **Bean Health Alliance** ([www.beansforhealth.org](http://www.beansforhealth.org)) – Based in Accord, Mass., the BHA, a 501(c)(6) organization, was established in 2003 and officially designated the 'International Alliance to

Promote the Health Benefits of Dry Beans and Other Pulses,' a name which in itself explains the mission of the BHA. The BHA is supported partially by a two-year \$1.5 million U.S. Agency for International Development (USAID) Global Development Alliance grant.

- **American Dry Bean Board** ([www.americanbean.org](http://www.americanbean.org)) – Based in Vienna, Va., the ADBB is made up of leaders in the bean industry with the common goal of educating U.S. consumers about the benefits of beans. Through the Bean Education & Awareness Network (B.E.A.N.),

the ADBB gives a voice to the bean industry and provides information to consumers and media about the good taste, nutritional value and versatility of beans. ADBB's focus is primarily the domestic market.

- **U.S. Dry Bean Council** ([www.usdrybeans.com](http://www.usdrybeans.com)) – Based in Grapeview, Washington, with representation in Washington D.C., this is the export arm of the industry, representing growers and shippers of U.S. edible dry beans in overseas markets, and promoting consumption and marketing of edible dry beans worldwide.

All three national

organizations do good work – they promote the consumption of beans. But one can see where media, consumers, end users and policy makers might get confused as to who to turn to for dry bean information.

"One go-to organization would give us a unified response to key food industry trends," says Courneya, "from promoting beans to consumers and the media, to addressing competition from imports and from other foods, and in addressing regulatory issues as well. In promoting the consumption of beans and the health benefits of beans, it just



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seems to make sense to have everyone on the same page."

The Northarvest Bean Growers Association Board of Directors is solidly in favor of merging the three national dry bean organizations, says Courneya, who serves as the chairman of the Futures Committee that is coordinating the national consolidation effort. The committee comprises members of the dry bean industry, and includes processors, state bean organizations, and representatives of the BHA, ADBB, and USDBC.

Last July, boards of the three national groups approved the merger concept presented by the Futures Committee. Courneya credits leadership of the three national groups for their vision in seeing beyond organizational "turf" in favor of the best interests of the dry bean industry.

The Futures Committee has assembled a draft set of bylaws for a merged national organization, to be reviewed and then voted upon by boards

of the BHA, ADBB, and USDBC in January, 2006.

There are many details still to be worked out, including finances, governance structure, committees, budgets, management, personnel, and responsibilities. There's also the issue of selecting a new name for a consolidated national organization - preliminarily called Bean Alliance USA, although that's subject to change.

If a merger is approved, a transition period of several months would follow to ensure the continuity of program and budget commitments, and to allow new managerial and organizational structures to take shape.

Courneya points out that there may be initial costs upfront in merging the organizations, but in the long run, there would be business and cost efficiencies of one national organization, and ultimately, a more effective investment of checkoff dollars and industry funding of bean promotion programs. ■

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# Dry Beans: A Food Staple in Central America

*U.S. Dry Bean Council trade delegation sees firsthand importance of beans to food aid in Guatemala, Honduras*

A U.S. Dry Bean Council trade delegation – comprising Tim Courneya, Northarvest Bean Growers Association, as well as Neal Gettel and Bob Green, both representing the Michigan Bean Commission – experienced firsthand the importance of beans to the Central American diet, in a food aid visit to the countries of Guatemala and Honduras in August.

The purpose of the visit was to review food aid efforts involving U.S. dry bean, and visit the organizations that are working with local people who are receiving food aid.

One meeting was with officials of the World Food Program (WFP), the food aid arm of the United Nations which combats hunger in underdeveloped nations. The WFP staff was interested in nutritional information available on dry beans, and whether there were any new bean products in the market. Since beans are used daily in all three meals, concerns were raised as to whether requests for beans would continue. Also discussed was the potential for multi-class bean ordering.

The group also visited with officials of USAID Honduras,

which sponsors CARE, Save the Children, World Vision and the Adventist Development and Relief Agency. Many people don't have the capacity to purchase beans, so the program to include U.S. beans is very important in helping the hunger situation in Honduras.

Indeed, Honduras is one of the more impoverished countries in Central America. The diet here is bean-based, and in many cases, bean-dependent. Small red beans are highly consumed in Honduras, with rations that are a must for the feeding program. Rations are based on the most distressed

areas, which are distributed through communities to children under two and pregnant and lactating mothers. Many of the poor also receive a ration through the Food for Work program. The rations go to people who are at risk and where the unemployment rate is approximately 68%.

The U.S. bean delegation visited a Super Mercado retail establishment which was watched over by many guards, which is typical of the retail establishments. The main brand for whole beans recognized by the group was Goya. Other brands included





La Costena from Mexico. The canned products available were small reds, garbanzos, black beans and refried beans. The only packaged product was one class of small red beans.

In Guatemala, the group also visited a USAID office, where there are four different programs that order food goods including beans from the U.S. Delegation members were dismayed to hear that it can take months to receive shipments, something the delegation noted needs to be resolved.

The Guatemalan people love black beans. Even though it seems that Guatemala has a higher standard of living compared to Honduras, programs such as Share, Food for Work and others are still needed to supply education programs, assist with infant nutrition and support income.

The U.S. group learned from the assistance organizations that one delicate situation they must manage carefully is distributing food to the feeding/distribution centers, without disturbing local



*Tim Courneya discusses current relief efforts with a representative of Feed the Poor in Honduras.*

domestic markets with the food aid imports. Governments are sensitive to local farmers' concerns about too much food aid that can drive down prices for locally-produced food, and understandably so. With poverty so widespread, there is a delicate balance to feeding the people, while at the same time maintaining and strengthening the local agricultural infrastructure. ■



*A typical meal distributed by Food for the Poor.*



*Neal Gettel of the Michigan Bean Commission hands out crayons the group brought for distribution to the children.*



*Bags of pinto beans donated by the U.S. Government for free distribution in Honduras.*

# Dry Bean Research

## *New Kidney Bean Germplasm Line Resists Common Bacterial Blight Disease*

A new germplasm line dubbed "USDK-CBB-15" is now available for breeding new varieties of dark red kidney beans that can resist common bacterial blight.

Caused by the pathogen *Xanthomonas axonopodis* pv. *phaseoli*, bacterial blight is an endemic disease that can affect bean crops mostly east of the U.S. Continental Divide. Antibiotic treatment, clean-seed programs and sanitation are standard control measures. However, resistant crops are the key defense, according to Phil Miklas, a plant geneticist in the USDA Agricultural Research Service's Vegetable and Forage Crops Production Research Unit in Prosser, Wash.

In susceptible bean plants, the disease symptoms include large brown blotches with lemon-yellow borders on leaf surfaces and small, discolored seed in infected pods. Severe outbreaks can cause yield losses of up to 40% in susceptible crops.

Miklas developed USDK-CBB-15 using marker-assisted selection, a method of detecting inherited genes that speeds the

*Geneticists Phil Miklas (left) and George Vandemark analyze computerized research used to rapidly genotype bean plants for a virus-resistance gene. Photo by Stephen Ausmus, USDA-ARS.*



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screening of plants for desired traits such as disease resistance. USDK-CBB-15 is the product of kidney bean crosses that Miklas made to incorporate resistance genes from the Great Northern bean cultivar "Montana Number 5" and the breeding germplasm line XAN 159.

James Smith, in ARS' Crop Genetics and Products Research Unit at Stoneville, Miss., and Shree Singh, with the University of Idaho at Kimberly, collaborated with Miklas on the new kidney bean's development, testing and evaluation.

"Obviously, this is a very good development. While Montcalm Dark Red Kidney has had resistance to common bacterial blight (one of the reasons why it was so popular among the growers), developing germplasm with other sources of resistance broadens the genetic base of those market classes," says Ken Grafton, who before becoming Dean of Agriculture at North Dakota

State University, and director of the N.D. Agricultural Experiment Station, was NDSU's dry bean breeder.

Grafton says kidney beans (other than Montcalm) generally are very sensitive to common bacterial blight, so this new germplasm line should have a significant impact on materials developed using this line as a parent. He says breeders should be able to utilize this resistance in kidney and cranberry bean breeding programs.

The United States is the sixth-leading producer of edible dry beans, generating farm sales of \$451 million in 2001-03, according to the USDA's Economic Research Service. Per-capita consumption of edible dry beans is 6.8 pounds, according to ERS, with kidney beans finding favor in soups, salads, chili and other dishes. Beans are also an excellent source of antioxidants, fiber, protein, and vitamins for healthy diets, Miklas notes. ■

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# Get Smart...Eat More Dry Beans

**by Lynne Bigwood,  
Northarvest Home  
Economist**

At my house, making homemade soup is an afternoon project, so it seemed like a good name for this soup. The result of this easy, inexpensive project is a great homemade soup and several meals.

This time, I had attended an event where they roasted several small turkeys on Weber grills. They had all those smoked turkey carcasses left and no one seemed to want to take anything but the trimmed off meat. I took four of them, froze them in 2-gallon bags and was rewarded with two batches of wonderful soup. It is amazing how much meat is left on the bones even when sharp knives have carved "all the good meat off." I could have also made the broth or soup right away. Vary the schedule to fit your needs.

Many people think they need a recipe for making soup. My mother made many of her soups with leftovers and taught me to do the same. I would like to pass that ability and confidence on to my cooking "audience."

Start with leftover roasted

meat. The bones, skin and brown bits from the pan should be saved and used, also, since they contribute flavor to the broth.

Put all of that in a big pot. Cover with water and simmer for an hour or two. Use any dry bean, but be aware that if you choose blacks, they will make the broth look muddy. Peel, cut up and add any vegetables you have available. Add the spices and herbs your family prefers. I always use thyme with turkey or chicken because I like the sage-y flavor it adds. You may want to use poultry seasoning instead. Morton Sausage and Poultry Seasoning is my favorite. It is quite salty and stays fresher in the freezer. Simmer. If the broth is watery and needs a flavor boost, add some soup concentrate or canned broth. (They are usually very salty, so you may want to leave out any other salt in the recipe.) Add rice or barley if you want another ingredient.

Serve hot homemade soup. Delicious!

And the leftovers are better the second day! ■

## Afternoon Bean and Turkey Soup

### Ingredients:

- 1 or 2 turkey carcasses
- ½ cup dry light red kidney beans
- ½ cup small red beans
- 2 small or 1 large onion, chopped
- 1 - 2 cups peeled and sliced carrots
- ¼ green or sweet red pepper
- 4 stalks of celery and heart, including any leaves that are fresh and green.
- 1 - ½ teaspoons dry thyme
- 1 teaspoon ground turmeric
- 1 teaspoon season salt
- 2 teaspoons salt
- 1 tablespoon dry parsley or ½ cup fresh
- ½ cup brown rice or whole grain

### Method:

- 1 p.m. -- Put 1 or 2 turkey carcasses in a large stockpot. Cover with water. Simmer for 1 - 2 hours.
- 3 p.m. -- Sort and rinse beans. Add beans to the pot. Simmer.
- 4 p.m. -- Remove turkey from the pot to a platter. Cool. Add vegetables, herbs and spices. Simmer. Pull bones apart and remove meat and skin. Cut meat into small pieces. Stir the mixture to check for bones and gristle. Remove and discard all bones and gristle. Return meat to pot.
- 5 p.m. -- Rinse brown rice in a sieve and add to the soup. Simmer.
- 6 p.m. -- Serve with crackers or whole wheat bread, glass of milk and fruit dessert.

Refrigerate or freeze and label any leftovers for future use.

If you need to start later, combine steps. Two hours is the minimum cooking time to make a good broth, cook the meat off the bones and tenderize the beans. Brown rice needs 45 minutes to cook. Add or substitute the vegetables and seasoning your family prefers or you have available.

4 p.m. -- Put everything but the rice in the pot. Use high heat, stir and tend the pot until it simmers. It will take 20 to 30 minutes. Adjust the heat to maintain a simmer.

5 p.m. -- Add the brown rice. 5:45 p.m. remove the carcass. Return the meat to the soup and serve.



# The Bean Scene



**July 23 – 28 -- 38<sup>th</sup> Annual Conference Society for Nutrition Education, Orlando, Florida**

SNE is a gathering of the leaders in nutrition from across the USA. This year's theme was "Leading the Way in Nutrition and Health." Local nutrition educators and professionals also attend as the conference moves around the country. The sessions include speakers, questions and comments on the latest issues including the new pyramid and dietary guidelines. Liz Marr, Beans for Health Alliance, chaired one of the sessions and assisted with the Food Play forum Tuesday evening. In the photo above, Northarvest's home economist, Lynne Bigwood, visits with participants at the event's exposition.



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**August 2 -- Minnesota School Foodservice Association, St. Paul, MN**

With 800 attendees, it was busy until closing time at the MN School Foodservice conference. Above, Northarvest's home economist, Lynne Bigwood, visits with attendees and was delighted with the response. "Maybe they are finally figuring out the USDA nutrition requirements for higher fiber and less fat," she said. Sampling the Vegetable Bean Wrap from the Kid Friendly Recipes on Northarvest's website went over well. "I used a whole-wheat wrap and changed the greens to a salad mix. The foodservice staff said they really need ideas on how to serve whole wheat breads to their students. Attendees said they would consider using it for their vegetarian students and the a la Carte line," said Bigwood.

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## Manitoba Dry Beans / from page 5

American supply situation. This means that the length of time it takes for pinto prices recover might be longer than what can be expected for other types of beans.

**Navy Beans:** Navy bean price prospects are worsening, after being buoyed earlier in the fall due to a couple of local buyers being caught short against their early-season sales. With harvest having progressed elsewhere amid good conditions, and yields coming in above earlier expectations, bids for navies in Manitoba have dropped hard since that time, despite the fact no meaningful amount of production will be available locally. However, due to overall stable demand and a surplus less burdensome than for some other types of beans heading into the 2005/06 marketing year, there is at least a chance of the market tightening come next spring and prices rising in response.

**Black Beans:** The outlook

for black beans is the only one looking remotely positive as of mid Oct. In addition to the virtually nil crop from Manitoba (where 25-30,000 acres are normally grown), little production will come out of the Minn-Dak region, leaving the market almost totally reliant on the Michigan black bean crop. At this stage it looks to be in fine shape, but a weather problem developing during harvest, or yields coming in below expectations, would set the market up for the possibility of a short-covering rally come spring.

**Kidney Beans:** Dark red kidney beans are still holding at pre-harvest levels in Manitoba, but light red kidney bean prices have dropped a couple of pennies. Because of last year's problems, and due to the fact important quality parameters of dry beans like color deteriorate over time, some buyers are pricing old-crop kidney beans at a penny discount, now that

new-crop supplies are available (and due to the fact crop supplies and quality levels have come in at good levels in other producing regions).

Growers should also be aware that even though there's been strong growth in interest and local processing of Manitoba dry beans, good markets may exist just outside the province too. From time to time, it's

worth calling outside the local market area to ensure Manitoba delivered bids are in line with what's available in the U.S. ■

*From Louis Dreyfus Canada Ltd, which provides informative market updates and analysis on a number of crops, including dry beans, online at [www.louisdreyfus.ca/index.shtml](http://www.louisdreyfus.ca/index.shtml). Click on one of the terminal locations.*

## Maintaining Post-Harvest Bean Quality

Keep in mind that exposure to light in storage may affect bean color quality – review past research conducted by North Dakota State University on the effect of light on bean color quality online at [www.ag.ndsu.nodak.edu/plantsci/rowcrops/drybeanall.htm](http://www.ag.ndsu.nodak.edu/plantsci/rowcrops/drybeanall.htm).

Other online sources for post-harvest information:

- [www.ag.ndsu.nodak.edu/abeng/postharvest.htm](http://www.ag.ndsu.nodak.edu/abeng/postharvest.htm)
- [www.bae.umn.edu/extens/postharvest](http://www.bae.umn.edu/extens/postharvest)
- [www.ag.ndsu.nodak.edu/plantsci/rowcrops/drybeanall.htm](http://www.ag.ndsu.nodak.edu/plantsci/rowcrops/drybeanall.htm)



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# Dry Beans and MyPyramid.gov

The Dietary Guidelines for Americans 2005 encourage most Americans to eat fewer calories, be more active and make wiser food choices. The Northarvest Bean Growers Association added three pages of information and advice to "The Bean Cookbook" to help people follow the "bean" recommendations in the new dietary guidelines. This article references that new information from "The Bean Cookbook." If you don't have a copy of the cookbook, you can order one from the Northarvest Bean Growers at 50072 East Lake Seven Road, Frazee, MN 56544, 218-334-6351, Email: [nhbean@loretel.net](mailto:nhbean@loretel.net). The cookbook is free to Northarvest members. All others remit \$4.

## Understanding MyPyramid.gov

Cooked dry beans are a part of two food groups, Vegetables and Lean Meat and Beans.

**Vegetables Group:** The new message is that the Guidelines and MyPyramid.gov use

five vegetable subgroups to encourage variety and wiser food choices. Dry beans are part of the Legume subgroup. The guidelines recommend eating more dry beans like pinto and kidney beans. Adults consuming 1800 – 2400 calories daily should eat 3 cups or 6 servings each week. One adult serving is ½ cup. Try the following ideas to get extra beans in your meals: add a can or two of beans to a pot of soup, top a salad with a handful of black or garbanzo beans, add a can of pinto beans to a casserole, eat beans as a hot vegetable with your main dish.

**Lean Meat and Beans Group:** Vary your protein routine. Eat lean or low fat. Choose more beans (wise food choices, again). One-quarter cup cooked dry beans is a one-ounce serving of protein, so a ½ cup serving = 2 ounces of lean protein. Adults who eat 1600 to 2000 calorie diets should eat 5 to 5.5 ounces of the lean meat and beans group daily. Dry beans are naturally low fat. Choose fat-free ingredients, recipes with

## MyPyramid.gov Servings

Use these ideas as for a Vegetable (V) Serving: 1/2 cup beans OR Lean Meat and Beans, (LMB) protein Servings: ¼ cup beans = 1 ounce of protein.

Recipe	MyPyramid.gov Serving
Your Favorite Canned Fat Free Baked Beans	½ cup beans (1V or 2 ounces LMB)
Potato Scallop, page 18	1 serving (¼ recipe) = ½ cup beans
Buckaroo Beans, page 19	1 serving (1/6 recipe) = 1 cup beans (2V or 4 LMB)
Baked Beans, page 20	1 serving (1/6 recipe) = 1 cup beans
Bean Dish, page 21	1 serving (¼ recipe) = ¾ cup beans (1V, 1LMB)
Calico Beans, page 22	1 serving (1/12 recipe) = 1 cup beans
Bean and Sausage Casserole, page 23	1 serving (1/12 recipe) = 1 cup beans
Bean and Cheese Enchiladas, page 32	1 enchilada = ¼ cup beans (1 LMB)
Bean and Cheese Burrito, page 34	1 burrito = ½ cup beans (2 LMB)
Apple Bean Bake, page 40	1 serving = ¼ cup beans (1/2 V or 1LMB)
Zesty Beans, page 41	1 serving = ½ cup beans
Beanwiches, page 45	2 servings = ½ cup beans
Mexican Bean Pizza, page 54	1 pizza = 1 cup beans (4 LMB)
Cajun Red Beans and Rice, p64	1 serving = ½ cup beans
3 + 3 Bean Salad, page 89	2/3 cup salad = ½ cup beans
Quick, Easy Salad	½ cup canned, drained, rinsed beans with 1 T. fat-free dressing
White Chili, page 104	1 cup chili = ½ cup beans
Zippy Bean Minestrone, page 105	1 cup soup = ¼ cup beans
Northarvest Nine Bean Soup, page 119	1 ¼ cups soup = ¾ cup beans
Chili Bean Dip, page 141	4 tablespoons = ¼ cup beans
Eat beans for lunch instead of chips.	Gain nutrients, fiber, lose fat and salt.

Use Bean Arithmetic (page 2 of the cookbook) to figure out the dry bean servings in other recipes. Divide the amount of cooked beans in the recipe by the number of servings.

Order your copy of "The Bean Cookbook" from the



Northarvest Bean Growers at 50072 East Lake Seven Road, Frazee, MN 56544, 218-334-6351, Email: [nhbean@loretel.net](mailto:nhbean@loretel.net). The cookbook is free to Northarvest members. All others remit \$4.



less fat and meat, and add beans to your recipe until each serving includes ½ or 1 cup. Taste the dish and increase the seasoning in the recipe enough to keep the original flavor. Write the change and amount on the recipe so you can easily do it again.

**Example:** Taco Burrito Filling (page 60 of the cookbook) 1 can chili beans, regular shredded cheese:

1 taco = 1/8 cup beans, 1 ounce protein, 265 calories, 40% calories from fat per taco

Three months later: Change Taco Burrito Filling recipe, 2 cans chili beans, fat free cheese:

1 taco = ¼ cup beans, 2 ounces protein, 305 calories, 32% calories from fat per taco

## Using The Bean Cookbook

The USDA Dietary Guidelines for Americans 2005 and MyPyramid.gov encourage eating: More dark green and orange vegetables, legumes-beans, fruits, whole grains and low-fat milk and milk products AND less refined grains, total

fats (especially cholesterol, and saturated and trans fats), added sugars, and calories.

With those healthier goals in mind: How can I possibly eat 2 ½ or 3 cups of cooked dry beans each week? Turn Musical Fruit into Magical Fruit. Teach your body how to digest beans without discomfort. Slowly add beans to your meals, eat 1 tablespoon of canned beans each day for a week. Add another tablespoon each week for eight weeks. Two months later, you're eating 3 cups a week, goal accomplished!

Beans count as a Lean Meat and Beans (protein) or Vegetable serving. You choose which food group to count the beans. Canned or cooked dry beans supply substantial amounts of protein, complex carbohydrates, fiber, vitamins and minerals with relatively few calories. One-quarter cup of beans counts as one ounce of protein. Vary your protein routine. Choose more beans, tofu, peanut butter, nuts, seeds, fish, poultry and lean meat to meet your protein requirement. ■

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# USDA puts \$5 million into grants for legume genomic research

The USDA recently announced up to \$5 million in research funding for functional genomics and bioinformatics research on legume crops, available through the USDA National Research Initiative (NRI) Competitive Grants Program.

This announcement, a major accomplishment for the U.S. Legume Crops Genomics Initiative (LCGI), is the culmination of a four-year cooperative effort by the American Soybean Association and the American Alfalfa Alliance, National Dry Bean Council, Peanut Foundation, United Soybean Board and USA Dry Pea and Lentil Council.

Research on legume plants (Fabaceae) offers unique opportunities for basic gene and genomics studies to improve the nutrition, yield and disease-resistance of legume crops. Half

of the funding – \$2.5 million – is dedicated to cross-legume genomics and another \$2.5 million will go to plant genome tools, resources and bioinformatics with Fabaceae projects as the priority. This will provide more knowledge about the genomes of all the legumes, which

will lead to the identification of genes with desirable characteristics that can be more easily transferred into legume plants through either biotechnology or traditional breeding methods.

"There is some research to suggest that a common bean like the kidney bean (*Phaseolus*) may be resistant to Asian soybean rust," says Joe Layton, a soybean producer from Vienna, Md, who serves on the board of the American Soybean Association and is current LCGI chair.

"This is just one example of how this project will help us better understand disease resistance in general."

Bioinformatics involves the use of computers to collect, analyze and store genomics information. "Functional genomics" refers to the function of each gene in the genome. Each "chunk" of deoxyribonucleic acid (DNA) codes for a different protein. Functional genomics figures out how more than a billion bases make genes that code for the proteins that build a plant.

***"There is some research to suggest that a common bean like the kidney bean (*Phaseolus*) may be resistant to Asian soybean rust. This is just one example of how this project will help us better understand disease resistance in general."*** – Joe Layton, chairman, U.S.

*Legume Crops Genomics Initiative*

*Continued on next page*

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The NRI funding is for making comparisons between two legume species. For example, the "common bean" appears to be resistant to Asian soybean rust. By comparing the soybean genome with the common bean gene, there will be very few differences, but one of those differences will be the reason that common the bean is resistant to rust and the soybean is not.

Gene markers will also be identified in this legume research. Marker-assisted breeding cuts down the time of developing new varieties. In addition, the project will help researchers better understand why some people are allergic to peanuts, while others are allergic to soybeans, yet no one seems to be allergic to peas.

Layton notes that the NRI program may yet be amended if overall funding is changed in the FY2006 Ag Appropriations Bill, and the American Soybean Association and other legume groups will be monitoring any modifications to the announced program. ■

## U.S. Peas and Lentils Accused of Dumping

The Saskatchewan Pulse Growers (SPG) say they will launch an investigation into the ever increasing imports of peas and lentils from the U.S. into Canada. The SPG contend that many U.S. peas and lentils are being sold at lower prices than the cost of production.

This debate goes back to the Farm Bill of 2002 when both peas and lentils were granted a loan rate and receiving a LDP. Since that time, U.S. acreage of peas and lentils has increased from 400,000 acres in 2001 to over 1.25 millions acres in 2005.

The SPG hope to determine how much of the U.S. production is coming into Canada and of that, how much is subsidized.

This problem goes back to the 90s when Canada had a subsidy under their "GRIP" program, which had the same acreage increasing effect on production in Canada.

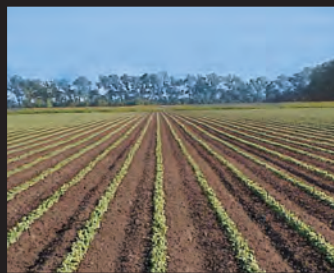
At the same time that we have increased pea and lentil production, certainly pushed on by the ability to receive a LDP, the peas and lentils used in the PL 480 program have increased as well. It's ironic that peas and lentils are subsidized under the LDP program by the U.S. government, helping to keep their market prices low, then the U.S. government comes back to purchase them under the PL 480 program because of their price. Green and yellow peas are currently in the \$8.00 per cwt areas. Lentils are running from \$14 to \$16 per cwt for all prices for processed product.

The extent of this irony is shown in the shipments of pulses purchased by the USDA under PL 480 tenders, as of fall, 2005. Of the total pulse purchases of 59,220 metric tons, 34,680 metric tons were lentils. This compared to last year's total to date of 39,580 metric tons and lentils accounted for 2,430 metric tons of that. Dry beans on the other hand accounted for 9,330 metric tons this year (16% of the total pulses) as compared to last year's 17,330 metric tons for the same period (44% of the total purchases).

This looks like another situation the WTO will have to figure out. ■

*Michigan Bean Commission News. Reprinted with permission.*

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# What's tasty, healthy, traditional, cheap and a real gas? Pinto beans!

By Bill Poteat

Brothers and sisters, we are gathered here this morning to sing the praises of one of the world's greatest foods, a Southern tradition, and a staple in the diet of working families in this southern region for generations.

I speak, of course, lovingly, affectionately, and hungrily, of the pinto bean.

My own love affair with the pinto bean dates back almost as long as I do. My daddy was a man of simple culinary tastes. And one of his favorite tastes was for pinto beans. I do believe that had my mama been willing to cook them so often, he would

have enjoyed them seven days a week.

My daddy passed along to his youngest son his fanatical love for baseball, his equally fanatical disdain for right-wing politicians, and his fanatical quest for the perfect pot of pinto beans.

My mama achieved that perfection many times. At some meals, pinto beans were the centerpiece, surrounded perhaps by chopped onions, boiled potatoes and cornbread. At other suppers, they provided the perfect complement to country ham or fried livermush.

Like so many of those who came of age during the Great Depression years, both of my parents could stretch a dollar from payday to payday better than anyone of my generation could ever think of doing. And nothing stretches a tight food budget further than a sack

of dried pinto beans. Even in today's inflationary time, a bag of dried pintos can be had for little more than pocket change.

Even more important than cost, however, are the health benefits which the regular consumption of pinto beans can provide.

Since my diagnosis as a Type II diabetic back in July, my wife has been extremely supportive, seeking out no-sugar, no-fat recipes, and making some of the most delicious desserts I have ever eaten.

My daughters have been wonderful, forgoing ice cream and candy bars in my presence and assuring me that I am the healthiest dad they know. Friends and co-workers have offered nothing but comfort and encouragement.

My most stalwart ally, however, in my efforts to control my blood sugar and to lower my cholesterol has been the pinto bean.

As noted on a web site called World's Healthiest Foods ([www.whfoods.com](http://www.whfoods.com)), the high fiber in pintos prevents blood sugar from rising too rapidly after a meal, making them a near-perfect choice both for diabetics and those who suffer from hypoglycemia.

Indeed, pinto beans are among the most fiber-rich foods available. A single cup of cooked pinto beans provides nearly 60% of the recommended intake for fiber – fiber which can help ferry cholesterol out of the body.

Fiber is just the beginning of the pinto bean's nutritional value. Beans are also an excellent – and cheap – source of energy and the B vitamins thiamin, riboflavin and niacin, which are necessary for growth and tissue building. Pinto beans are also high in iron, calcium, phosphorous

and potassium – all essential minerals for good health.

The one knock on pinto beans – other than the gas which they produce in some stomachs, including mine – is that they are too high in sodium. This is true for most canned pintos, but it should be remembered that beans cooked at home will have only the salt the cook adds.

The beloved pinto bean is, by the way, a truly "Southern" food, as in South American. The bean is believed to have originated in Peru and then been carried by migrating Indians throughout South and Central America.

Spanish explorers never found as much gold as they wanted, but they did find the even more valuable pinto bean and carried it back to Europe. It then came from Europe to what is now the eastern United States and also spread from Mexico into the Southwest.

Today, the Midwest is the bean basket for America, providing more than 70% of the nation's dried beans, including the pinto and its cousins, the white bean, the navy bean and the great northern bean.

It is also estimated that since mid-July, the Poteat household in Valdese has been consuming roughly 10% of the nation's pinto bean crop, perhaps even more if refried beans are figured into the mix.

And oh, about that gas. Don't think of it as disgusting or irritating. Think of it instead as the sweet smell of healthy living. ■

*Bill Poteat, Valdese, N.C., is a columnist for The Charlotte Observer. As a bean enthusiast, he's thrilled to have his column on beans appear in the Northarvest Bean Grower magazine. We're equally thrilled to have him as such a fan. Keep cookin' up those pintos, Bill – here's to your health.*

**Charlotte Observer columnist Bill Poteat cookin' up a pot of one of his favorite Southern foods – pinto beans.**

**Photo: Prairie Reep**





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**Afternoon Bean and Turkey Soup** is a great way to use up leftover turkey , and the recipe can be adapted to use any type of leftover roasted meat. For the recipe, see page 15. For more recipes, see the Northarvest Bean Growers Association Web site, [www.northarvestbean.org](http://www.northarvestbean.org) or the American Dry Bean Board Web site, [www.americanbean.org](http://www.americanbean.org).