

The background of the entire page is a photograph of a lush green bean field. The plants are in the foreground, with their leaves clearly visible. In the background, a range of mountains is silhouetted against a sky with soft, warm colors from a setting or rising sun, creating a hazy, atmospheric effect.

NORTHARVEST **BeanGrower**

INSIDE:

**Farm Bill Passes
First Hurdle**

**Mexico Enforces
Zero Tolerance
Policy**

**Northarvest
Elections**



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VOLUME 18 ISSUE 4

New President Leads Northarvest

This is my first column since taking over the presidency of the Northarvest Bean Growers Association. This organization is filled with such good people and I appreciate the chance to serve in this role. I've been farming for 33 years and growing dry beans for 20 years.

Farming in the Devils Lake Basin, too much water has been a nearly constant battle. Yet, this year, it has been a decent spring. The crops have gone in on a timely basis and are looking good. I'm almost scared to say it out loud, because you never know what you'll get, but as I write this update, we could use a good rain.

Dry bean acres seem to have rebounded from last year. We won't have the official numbers from USDA until the end of the month, but the bean acres certainly have increased from the downturn in 2011. You'll find some early projections on the acreage situation in this edition of *BeanGrower*.

The Northarvest board is also excited about the prospects for a revenue insurance product. While the news has been encouraging, I would ask you to 'stay tuned' on that issue.


Your Northarvest Bean Growers Association has had a leadership role in some very unique promotion efforts. As an example, Northarvest was a sponsor of the Healthy Flavors, Healthy Kids Summit at the Culinary Institute of America in San Antonio. More details on this conference are available in this magazine, but this event was able to tie in the food education, culinary world and school foodservice sectors for an opportunity to promote healthy food choices for our youth. Childhood obesity is getting a lot of attention throughout the country and this summit sought out ways to provide healthier food choices for our kids. This is a huge opportunity for our dry bean industry.

A busy summer is ahead of us, but if you ever have issues or questions, don't hesitate to contact the Northarvest office or any of your board members. We're pleased to represent you and this industry.

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Dan Webster, President
Northarvest Bean Growers Association





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**Kelley Bean Co. salutes all bean producers. Have a safe and successful growing season.
We look forward to seeing you in the field this summer.**

Mexico Enforcing Zero Dirt Law

Despite increased demand for dry bean imports due to last year's drought, Mexico is getting tougher with its inspections at the border. Since this spring, Mexico has begun enforcing the "zero soil" tolerance law that's been on the books for awhile, but never exercised.

Judd Keller, a bean trader with Kelley Bean Co., says it's really very hard to guarantee absolutely no soil. "So, what Mexico is doing now is they're checking all the beans as they come in, and if they find a trace of soil, then the car is rejected at the border." In response to that, Keller says SENASICA, Mexico's food safety agency, is allowing rejected cars to enter the country, as long as it is re-cleaned at an authorized facility, under supervision.

Some bean importers in Mexico have their own re-cleaning mills, so it's a much simpler step there. Plus, the Mexican government has reacted to have those rejected beans inspected and certified on a very quick basis.

"The problem with those that do not have their own re-cleaning facilities," says Keller, "is the car has to be diverted to an authorized re-

cleaning facility, wherever that might be, and then cleaned, re-bagged and shipped on, so that adds to the cost of the beans."

Keller is not certain what those extra costs are, but says it's got to add at least several dollars per bag to the cost, minimum.

Asked if he thought it was ironic that Mexico would enforce this law now when it so badly needs imported dry beans, Keller agreed, and says there could be various reasons why they did it.

US Dry Bean Council Vice President Bill Thoreson says the Council is working with USDA's Animal Plant Health Inspection Service to see if this issue can be resolved. APHIS is asking dry bean exporters to provide them with rail car numbers and documentation so it can determine the extent of the problem, and work with Mexican counterparts to find a resolution.

Due to what he refers to as a food emergency, Keller says Mexico has allowed the issuing of tariff-free bean import permits from other countries that do not have trade agreements, such as China and Argentina. This allows the importation of beans tariff-free, whereas normally those countries would

have a tariff barrier of over 100 percent.

The NAFTA agreement between Mexico, the United States and Canada, during times of disasters, allows Mexico to issue permits to allow beans to come in from other countries. Mexico exercised that right this year because it actually did have a bean disaster down there.

Keller says, "This is not ongoing. The import permits are good through December of this year. What we're hearing though is Mexico is still in a drought, they could be in the same scenario next year, which means that would also give rights to continue the imports from other countries."

There are also minor trade agreements that have come up. "Just this year, they (Mexico) approved the importation from Peru," says Keller.

"They're going to have a very minor amount, I think it starts out at 1,800 metric tons and maybe makes its way up to maybe 3,000 or 4,000 metric tons." Keller says

Mexico has also imported beans from Argentina.

The Mexican government increased the bean import quota from 100,000 metric tons authorized in January, to 150,000 tons in February. Keller says there were some issues with some of the early purchases from China. Mexico was requiring Chinese beans to be fumigated before being packaged. The two countries have since negotiated through that, allowing beans to be fumigated after they're bagged. So, ultimately, Keller thinks some Chinese beans will be shipped to Mexico.

SAGARPA (Mexico's Department of Agriculture) expects that of the 150,000 MT quota permits, there will only be 20,000 MT of Chinese beans. They also expect a limited volume from Argentina.



Bean Elections

Penn, North Dakota dry bean grower Dan Webster is the new president of the Northarvest Bean Growers Association. The board of directors, at its March 8th meeting, also elected Joe Mauch of Hankinson, North Dakota as vice-president, and the treasurer is Grafton, North Dakota grower Tom Kennelly. All are

two-year terms.

Webster has two years remaining on his third, and final, three-year term on the board of directors. Mauch was elected to his second term in January 2010, and Kennelly was elected to his second, three-year term on the board in January 2012.

The North Dakota Department of Agriculture has concluded this



DAN WEBSTER

year's district election of the North Dakota Dry Bean Council. The results of the election show, Leann Schafer, New Rockford is elected to the Council (District VI) for a three-year term, ending on March 31, 2015. Nick Kitsch, Webster is re-elected to his third and final term. Nick represents District II.



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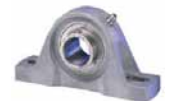
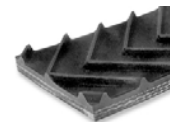
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Mexican Drought Lingers

Latest information from US Dry Bean Council Mexican representative Raul Caballero is that SAGARPA has announced the official 2012 spring-summer planting program for dry beans totaling more than 574,000 hectares. However, Caballero says information he was able to collect from sources in the state puts the bean area at 480,000 hectares. Of that amount, only 25,000 are irrigated and are being planted now. Planting, which normally occurs from June 15th to July 15th, will likely be delayed for dryland beans.

According to state officials, SAGARPA is being too optimistic given the drought they are currently experiencing. Zacatecas is working on switching at least 15,000 low production hectares from beans to other crops or livestock use. The current water situation is critical as they have not received rain and most crops are fed by rain. The insurance company declined to contract with growers for catastrophic events insurance this year because of the negative forecast.

Irrigated beans will also be at risk because most of the important dams in Zacatecas are at about 21 percent of capacity and smaller ones are down to

five percent or less.

Caballero says the State of Zacatecas will partially subsidize the planting of 250,000 hectares of beans. Zacatecas is also working on switching up to 200,000 hectares from beans to other crops. The current water situation is critical as they have not received rain and most crops are fed by rain. Irrigated beans will also be at risk because most of the important dams in Zacatecas are at about 21 percent of capacity and smaller ones are down to five percent or less.

In Durango, the bean planting program is expected to be similar to last year's 220,000 hectares. Caballero says the State of Durango is reporting total drought. The Durango Department of Agriculture has restricted the number of irrigated acres of all crops, according to water availability. This will not affect beans, however, since 99 percent are rain-fed. Durango also has a support system for bean seed, and it will promote the conversion of bean acres to alfalfa, oats and triticale since prices are as much as 100 percent higher than last year.

The State of Chihuahua plans to plant nearly 129,000 hectares of beans, of which only 17,000 are



irrigated. That state also reports total drought, and will subsidize 10,000 metric tons of bean seed.

According to US Dry Bean Council representatives in Mexico, the President of Mexico's Bean Product System, Abraham Montes, said recently that bean production in Mexico will not recover in the Spring-Summer cycle because they lack the right conditions and the necessary water to do it.

Montes estimated fall-winter bean production will reach only 150,000 MT, 50 percent of normal. Montes also estimated the lack of rain will reduce bean area in the spring-summer cycle to 250,000 hectares, compared to the normal 1.5 million hectares.

Montes expects Mexico's total bean production will only reach 400,000 MT, which means it'll be necessary to import 600,000 MT to supply the

domestic market.

Despite the drought, Mexican Secretary of Agriculture Francisco Mayorga said similar corn and bean import volumes will be maintained. In 2011, Mayorga said Mexico imported 170,000 MT of beans from Argentina and the United States.

"It is foreseen that in 2012 we will import one million MT of corn, and keep the same volumes in other products," Mayorga said. "Besides, we are promoting the production of beans and corn in Veracruz, Campeche, Oaxaca, and Chiapas to compensate for the losses in Sinaloa because of the drought."

Mayorga said the bean imports implied expenses of 700 million pesos.

Idaho dry bean dealers and Mexican grower representatives negotiated the sale of hundreds of tons of Idaho bean seed

to Mexico in Boise in late March. 13 Mexican bean industry representatives from four states met with representatives of six Idaho bean companies.

"The situation is tough; we probably had 20-30 percent of the production we normally would have," said Cornelio Giesbrecht, a Mexican producer who was representing a group of farmers in Durango state.

The seeds sold were sown in December during an Idaho trade mission to Mexico where Idaho State Department of Agriculture Director Celia Gould

promised Mexican officials and farmers that Idaho producers would help them get through their emergency. Gould reiterated that commitment in March and said the ISDA and Idaho farmers would do whatever it took to try to help that country's bean farmers.

Officials from Mexico's agriculture department have told Idaho officials the country needs to purchase more than 10,000 tons of Idaho bean seed. However, a delay by SAGARPA in approving financing has delayed those sales.

Summer Weather Outlook Mixed For Dry Beans

The Bean Grower asked World Weather, Inc. Senior Agricultural Meteorologist Drew Lerner to share his weather outlook for key dry bean growing areas around the world.

MEXICO

No drought relief in dry bean country until monsoon begins in June. Rainfall in the monsoon will be near to below average, but soil moisture and general crop conditions will improve for a while this summer. If El Nino develops rainfall will slip below average limiting the amount of relief that is to be expected. There is a fair chance El Nino will begin influencing weather in the second half of July and/or August. El Nino will produce above average winter precipitation in 2012-13 and that may start a more meaningful recovery.

CHINA

Weather conditions will be mixed this year. Some areas will receive good rainfall while others not far away may be a little dry. The situation will be mostly favorable with near to above average temperatures.

NORTH AMERICA

Michigan will see below average rainfall and slightly cooler than usual temperatures this summer. Minn/Dak will see average temperatures with a slight warmer bias in the south and cooler bias in the north. Rainfall will be below average in South Dakota and Minnesota and more normal in North Dakota. Colorado/SE Wyoming will see warmer than usual temperatures and below average rainfall placing a strong demand on irrigation; Northern Wyoming will be warmer than usual with near normal rainfall. Idaho will be a little wetter than usual with near to below average temperatures

SOUTH AMERICA

Argentina will see near to above average temperatures and normal precipitation; Brazil warmer than usual and a little wetter than usual.

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Bean Briefs

GLENCORE BUYS VITERRA

Glencore International says it has been cleared by Canadian competition authorities to proceed with its proposed \$6 billion takeover of Viterra Inc. To help pay for the deal, Glencore says it will sell Viterra's Canadian assets to Canadian based companies Richardson International and Agrium for around \$2.6 billion.

Glencore says it plans to expand its business in both the United States and Canada with further acquisitions in the U.S. and organic growth in Canada. Richardson International's 900 million dollar investment will buy 19 Canadian grain elevators, 13 attached farm retail stores, a grain port terminal in Thunder Bay, and a 25 percent

interest in a port terminal in Vancouver.

Most of Viterra's farm retail will go to Agrium for about 1.65 billion dollars. Agrium will also pick up a minority position in a nitrogen fertilizer plant in Medicine Hat, Alberta.

A spokesperson for Glencore had this response when asked about the future of Viterra's dry bean business: "At this early stage in the transaction process we are not in a position to discuss individual assets, but it is our intention to continue to operate each and every facility we are acquiring. We anticipate it will take several months to complete the acquisition, and during this time all facilities continue to be operated by Viterra in a business-as-usual manner."

UNITED PULSE TRADING EXPANDS

United Pulse Trading, which now has a processing plant in Williston, expects to begin operations in August in the Minot Value-Added Agricultural Complex. The acquisition and construction will cost \$12 million and the plant will employ 40 to 45 people. The new plant will handle 100,000 metric tons of product annually. It will include processing equipment for dry beans, chickpeas, peas and lentils and will add capacity for making food ingredients such as flours, proteins, starches and fibers. Eric Bartsch, general manager of US operations for United Pulse Trading, says access to container freight and the Burlington Northern Santa Fe main rail line in Minot were important factors in determining the facility's location. In addition, Minot has easy access to lentils, chickpeas, peas and dry edible beans, he says.

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BUDGET AFFECTING DRY BEAN MARKET INFORMATION

USDA's Economic Research Service has renamed the Vegetables and Melons Outlook to the Vegetables and Pulses Outlook, which will consist of four issues released in March, June, September and December. Market analysis for dry edible beans, dry peas and lentils, and sweet potatoes will be included in the June and December 2012 reports. Up until this year, the Vegetables and Melons Outlook always included dry beans, and was issued every other month.

Farm Bill Passes First Hurdle

The Senate Agriculture Committee has passed a farm bill that cuts more than \$23 billion in subsidies, ends direct payments, and establishes a new commodity program. The vote was 16 to 5, with four of the five no votes by southern senators. Senate Agriculture Committee leaders Debbie Stabenow and Pat Roberts are committed to sending it to President Barack Obama before the current law expires September 30th.

In addition to ending direct payments, the Senate farm bill also kills the ACRE and SURE programs and replaces them with what's called the Agricul-



Bob Sindt, U.S. Dry Bean Council, says the Senate bill includes high priority items for the dry bean industry.

ture Risk Coverage program. The Senate farm bill reduces the farm payment limitation for individuals to \$750,000; commodity subsidies will be capped

at \$50,000 per person, and there'll be stricter rules on who's actively engaged in farming. The bill does not place restrictions on crop insurance premium subsidies.

Senate Ag Committee Chair Debbie Stabenow, and ranking member Pat Roberts, say they want to work with Southerners to see what can be done to address their safety net concerns.

Bob Sindt, Government Affairs Liaison for the US Dry Bean Council in Washington, D.C., notes that the savings of more than \$23 billion is still far away from the \$33 billion in cuts that would be in

a House farm bill under the House budget bill mandate. Sindt says, even though passage by the Senate Agriculture Committee is a major step in the farm bill process, the remaining process to a final bill faces an uncertain path.

In early May, the farm community, including the US Dry Bean Council, sent a letter to Senate leaders Harry Reid and Mitch McConnell, urging the Senate to schedule floor time for the bill as soon as possible. That was followed by a "Dear Colleague" letter from some 47 senators to the leadership asking for floor action.



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As far as dry beans are concerned, Sindt says the Senate bill should be very positive as it contains a number of high priority bean items, such as enhancing crop insurance, disaster and revenue assistance programs; establishing the pulse health initiative; reauthorizing the Market Access and Foreign Market Development programs, and basic research; etc.

The American Pulse Association calls the Senate Agriculture Committee's funding of the Pulse Health Initiative a "game changer" for the industry. The APA has requested \$25 million for the pulse initiative, but the farm bill passed by the Committee includes \$125 million over

the five-year life of the farm bill.

With the end of direct payments will come the end of the fruit and vegetable planting restriction, which could be a concern for the dry bean industry. Another concern is food aid.

Lorena Alfaro, with Gordley Associates, which represents the Northarvest Bean Growers Association in Washington, D.C., says Section 3207 of the Senate mark includes a new, permanent Local and Regional Purchase program authorized at \$40 million per year. The goal is to support local farmers in food aid recipient countries by buying commodities locally, instead of shipping US commodi-

ties.

However, Alfaro points out the Senate 2013 draft appropriations bill holds the line at last year's funding level and does not fund the "local and regional purchase" program.

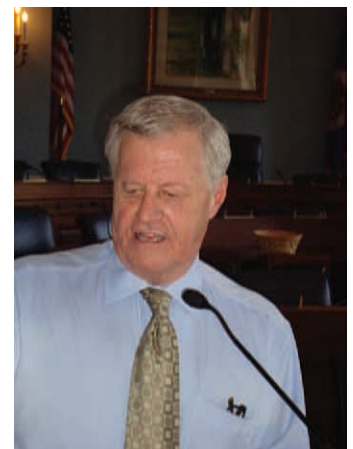
According to Dale Thorenson, also with Gordley Associates, it is assumed the House farm bill will closely resemble the package developed last fall for the Super Committee. "However," says Thorenson, "once the House Agriculture Committee reports the bill out, all bets are off regarding its fate on the floor because it would presumably be considered under an "open rule"; i.e. no limit or restriction on amendments by the Rules Committee."

House Agriculture Committee Chairman Frank Lucas is endorsing price protections not included in the Senate farm bill. Lucas said the safety net has to exist for all regions and all crops, and it has to be written with bad times in mind. At a House Ag Subcommittee hearing, Lucas said the commodity title must provide producers with options so they can choose the program that works best for them, whether it's protecting revenue or price.

General Commodities and Risk Management Subcommittee Chairman Michael Conaway criticized the Senate farm bill,

saying the Senate farm bill undermines crop insurance by setting up a revenue program that competes with and duplicates crop insurance.

House Agriculture Committee Ranking Member Collin Peterson says the Senate committee put together a decent farm bill, but offered criticism on the commodity title. The Minnesota lawmaker is worried about a price collapse. "Some people say we are in a zone where prices will never go down; we heard the same thing in '96 with Freedom to Farm," said Peterson, "I want to remind everybody we spent quite a bit more than we saved with Freedom to Farm to bail everybody out; the thing people have to understand this time, if this happens, there is no money coming from Washington; you can forget about getting bailed out."



Minnesota Congressman Collin Peterson is worried about a potential price collapse. If that happens, Peterson says there is no money for an agricultural bailout.

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Keep Beans Free of Soybeans, Corn

Dry bean growers are being reminded that their customer is not their local elevator, but rather the end-user. Growers who sell beans for use by canners are being advised to keep soybeans and corn out of their dry bean cargoes. Canners are concerned about GMO, as well as conventional, corn and soybeans in dry beans.

Tom Randgaard, a bean buyer for Faribault Foods, a canner in Faribault, Minnesota, says his customers will reject beans with corn or soybeans pretty quickly. "Corn stands out dramatically. When consumers buy a can of chili beans or pork and beans, that's

what they want. And the other issue with soybeans is the allergen issue."

John Berthold, at Walhalla Bean Co. in Merrifield, North Dakota, says soybeans are among the "Big 8", which includes peanuts, tree nuts, soybeans, wheat. "It's a food safety allergen issue, and food safety in our business is the name of the game today."

Randgaard says they have a small limit for both corn and soybeans, if they can see them. But canners like Faribault Foods do not have any electric equipment like an electric eye. "So, it's really gotta be taken out before it gets here.



John Berthold, Walhalla Bean Co., says a traincar can be rejected if a single soybean is found, costing \$6,000.

We don't have any cleaning here", says Randgaard.

At Faribault Foods, the beans arrive primarily in a bulk truck, and are put into 3-4,000 pound steel

boxes which feed all of their lines. The first step is to rehydrate the beans. "Soybeans rehydrate slower than dry beans," says Randgaard, "they're cooked in the can and if beans are not fully hydrated they won't be sterile."

In that instance, Randgaard says they wouldn't even know about the problem until they started soaking the beans. "That's more of a rare one. The corn and soybean thing is more common and we have to reject one (load) every month or two because it's got way too much. It's not a good event-the shipper has to pay freight both ways."



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Berthold says it costs \$6,000 a car if they find one soybean in it.

Faribault Foods recently had two loads of garbanzo beans from Washington State which were terrible. The shipper had to take them back.

Randgaard tells of an ongoing case involving five loads of totes of garbanzos shipped to him from California that contained pieces of totes in the beans, plastic strings. "They weren't manufactured correctly, and they had a new salesman out there and a bunch of these guys got caught with these new totes."

The case involves the broker Randgaard bought the beans from and three

shippers, one of whom flew to Faribault to look at them. From there, an insurance claim followed that went to individual companies and then they were eventually trying to get back to the tote manufacturer. The companies that bagged them are trying to get compensation through their own insurance companies against the bag company. "It's been since last summer," says Randgaard. "In the meantime, we've got a lot of beans on hold here—\$90,000 worth of canned beans that we can't market."

Recently, the specs were changed to add zero tolerance for cockleburrs after one was found in a

can of beans. In the event of a problem like this, end-users and shippers will try to trace them back as far as they absolutely can, so everything is lot-coded on the cans and all the raw product is lot-coded, marked and tracked right to the elevator and to the load. In some cases, if it's a tote load, they'll even have every tote labeled separately. But for the most part, shippers don't have the capability of tracing back to an individual grower.

Randgaard expects further traceability in the future, for the elevators' own safety. "We certainly do because if the customers come out with a claim against us, it can be huge.

So then we have to go back and investigate who shipped it."

Randgaard thinks the problem is getting better due primarily to the electric eyes many shippers have installed. Walhalla Bean Co. installed a \$280,000 color sorter in its Walhalla facility, just for the soybeans and corn. According to Berthold, "we had to do it, we didn't have any choice."

Randgaard's advice to dry bean growers is clean the foreign material as best they can. We've got zero limits for glass and plastic—if we find anything like that, they go home because we can't take the risk of having it in our product."



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National Nutrition Experts Featured at “Beans For A Better Life” Seminar

Nutrition experts from Dallas, Minneapolis, Boulder, Boston, and Salt Lake City addressed nearly 50 registered dietitians at the first “Beans For A Better Life” seminar held this spring in Austin, Texas. The seminar, which was planned to shed new light on a healthier way to eat, was sponsored by the Northarvest Bean Growers Association.

Dr. Joanne Slavin, PhD, Registered Dietician, and a food science and nutrition professor at the Uni-

versity of Minnesota, who served on the 2010 Dietary Guidelines Advisory Committee for the USDA, addressed the latest studies on dry beans and human health, as well as the latest recommendations in the Dietary Guidelines for Americans (DGA).

In her comments, Dr. Slavin noted that, in the DGA guidelines, dry beans may be considered both as a vegetable and as a protein.

Maureen Murtaugh, PhD, RD, a nutrition



Cookbook author Janice Newell Bissex highlighted the use of social media to reach consumers.



Chef Ann Cooper's website, www.thelunchbox.org, offers tips for delicious, nutritious school meals.



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epidemiologist from the University of Utah, told the group that eating just 1/3 to 1/2 cup of beans four times a week can lower the risk of heart disease by 11 percent. Dr. Murtaugh also noted that there are modest associations between bean consumption and lower body weight.

Robin Plotkin, RD, a culinary nutrition expert from Dallas, pointed out that a number of national restaurants, including Chipotle, Chili's, and Smash Burger, are offering healthy portions of dry beans on their menus. Plotkin said that nutrition professionals should assist clients by reviewing restaurant menus with

them and by becoming a “bean advocate.”

The panel also included Janice Newell Bissex, MS, RD, Meal Makeover Moms. Bissex, award winning cookbook author, explained how she and her partner, Liz Weiss, communicate family nutrition, cooking and meal planning using Facebook and Twitter, as well as traditional media.

Chef Ann Cooper, school food nutrition director, Boulder, CO, served a lunch that would typically appear on the menu in her school district. The menu included a taco salad made with pinto beans, avocado,

Continued on Next Page

reduced-fat Cheddar cheese, and tortilla chips, a chicken and rice dish with a black bean salsa, and Southwestern Fajita Wraps, made with whole wheat tortillas, roasted chicken, mayonnaise, ancho chili powder, red beans, corn, green chilies, jalapenos, cilantro, and Romaine lettuce.

Cooper also led a cooking demonstration of several bean recipes, including White Bean Puree with

Pita Bread, Wheat Berry and Black Bean Salad, and a Southwest Fajita Wrap. The seminar concluded with a recipe tasting for participants, plus a question-answer time with Chef Cooper. Cooper is dedicated to helping ensure that every child has access to delicious, nutritious food at school every day. Her website is www.thelunchbox.org.

Steve Veile, CEO of Communique Inc., a

strategic communication firm, helped Northarvest plan the seminar. He's been to many of these kinds of events and says this was one of the best. "Attendance was good, the speakers were great and the evaluations from the attendees were excellent. In planning a seminar, you work hard to put together a program that will be of great value to the sponsor (NBGA), and to those who attend. I think

we hit a home run with this one!"

For more on the Beans for a Better Life Seminar, and the White Bean Puree recipe: <http://meal-makeovermoms.com/kitchen/2012/05/03/a-recipe-for-white-bean-puree-with-pita-bread-plus-everything-you-ever-wanted-to-know-about-beans-and-then-some-podcast-episode-187>.

Northarvest Partners in Healthy Flavors, Healthy Kids Summit

The second annual Healthy Flavors, Healthy Kids summit was held at the Culinary Institute of America in San Antonio May 9-11. This invitation only, three-day national leadership summit brought together leaders from K-12 school foodservice, chain restaurants, colleges & universities, and supermarkets with the goal of improving the health of children and young people through food education, culinary strategy and flavor insight.

Northarvest Bean Growers Association was a presenting partner at this conference. Megan Myrdal, a Registered Dietitian with the North Dakota State University Extension Service and Chuck Fleming, owner of Carlisle Inc., and formerly the marketing director for the North Dakota Department of Agriculture, attended the conference on Northarvest's behalf.

Throughout the conference, leaders in various industries, school foodservice, restaurant management and academia, were introduced to new techniques regarding bean preparation and how to "rethink beans" on kids' menus. These presentations from renowned nutrition professionals, as well as acclaimed chefs, delivered the perfect mix of research, education and culinary demonstration.

Northarvest Bean Growers' presenting partnership

included a sponsorship of the Thursday buffet lunch, themed "Make Half Your Plate Fruits and Vegetables." This outstanding assortment displayed many flavorful, interesting ways to incorporate beans in kids' menus; including a Bean & Chicken Tostada, Black Bean Soup and a fabulous dish incorporating Red Beans, Spinach, and Beef with Brown Rice.

Several positive results came from this conference related to beans in school menus. With the implementation of the new USDA guidelines, schools are facing significant challenges to meet these requirements, including restrictions on grain servings, increased number of vegetable servings, as well as the challenges of staying within budgets and still make foods appealing to kids. Several industry leaders noted that beans will be a go-to item on school menus for their unique quality of serving as both a protein and vegetable. Beans will definitely "fill the gap," as many referred to them as allowing menus to reach their calorie requirements, vegetable serving requirements, and stay within the USDA guidelines.

Throughout the conference, Northarvest had the opportunity to discuss beans with some of the largest volume school foodservice leaders in the country. Several major industries noted they will be looking for tested recipes that incorporate beans in soups, side dishes,

Students Taste Test Dry Bean Foods

One of the Specialty Crop Grants received by the Northarvest Bean Growers Association is funding a one-year project with a goal of developing 10 new products for the school lunch program utilizing specialty crops. Students in Grand Forks, West Fargo, Fargo, Valley City and Bismarck were the first to do a taste test

of four foods.

Chuck Fleming, owner of Carlisle Inc., and formerly the marketing director for the North Dakota Department of Agriculture, worked with the Northern Crops Institute to produce bread sticks made with yellow pea flour, trail mix which included green and yellow dry peas and lentils, and



Chuck Fleming of Carlisle, Inc., is testing new products for the school lunch program.

and protein alternatives. They also noted the popularity of hummus continuing to rise in school-aged children, so this menu item will continue to expand on menus across the country.

This conference was of great benefit to Northarvest. Over thirty million youth are fed every day through the school nutrition program and as this food environment evolves, beans will continue to be a vital piece for nutrition, flavor and budgeting standpoints.

For more information on the summit, including recipes, visit www.ciaprochef.com/HealthyKids.



The Northarvest Bean Growers Association was represented by Chuck Fleming and Megan Myrdal at the Healthy Flavors, Healthy Kids Summit.

burgers made with dry beans, lentils and peas. “If any of the foods pass the test,” says Fleming, “the goal is to find a manufacturer, hopefully in North Dakota, that can make the product and, for the rest of the year at least, we’ll try to help try to find a market for them.”

Elementary, middle school and high school students are taste-testing because all schools in a school district usually eat the same menu each day. Students were given three options after tasting the four foods—I like it a lot, I like it somewhat, or I don’t like it. Fleming also asked students if they were turned off by the appearance of any of the foods.

Julie Tunseth, director of the Child Nutrition Program for the Grand Forks School District, says she usually tries to taste test with kids once a month. “Right now, the prod-

ucts are changing so fast. Lower sodium ones are coming out, whole grains. So it’s no use to purchase things and then nobody’s liking it or if you want to try to get healthier products, you got to make sure you don’t just buy them and they sit on the shelf.”

Tunseth’s No. 1 goal is to improve the health of school lunch menus, “without them knowing it probably. But now it’s kind of becoming cool to know that you’re eating healthy so that might be a marketing ploy.”

Tunseth thinks Fleming has some winners here. “The thing that probably rated the lowest was the burger because that’s the most different. But it was acceptable by at least a fourth, so that’s a good sign.” Tunseth says you then just work on promoting and it would go, but it would take time.

She is seeing a growing

Continued on Next Page

interest in less processed food. "Yes, we are seeing that coming from home, promoting that, kids wanting that. We have a lot of new Americans who don't eat beef or pork and want some kind of an entrée that's made with non-animal, so this would be good. You know they get tired of eating just chicken or turkey, so this would be another choice for them."

The "pulse" burger the students tasted contained green and yellow peas, and lentils, in addition to garbanzo beans-no meat.

After compiling test results, Fleming will determine which foods passed the test, or which recipes may need to be adjusted. At least 10 products will

be tested at other schools.

Fleming told Grand Forks students there are four requirements they try to meet when they're taste-testing for school lunch programs. "Number one, we've got to meet your nutritional requirements. Secondly, it's gotta be fairly simple to prepare because there's so many kids that need to get fed. Third, we've got to worry about the cost, and fourthly, you folks have got to like it."

Other commodity groups that are part of the Specialty Crop Block Grant include the Northern Pulse Growers Association and the National Sunflower Association.

The Northarvest Bean



Julie Tunseth, of the Grand Forks School District, welcomed the taste test options. The Pulse burger was considered the most different in the recent test.

Growers Association has submitted an application for another Specialty Crop Block Grant this year to hire someone to survey consumers in the south-

western United States, concentrating on Hispanics and women, to see if the color of pinto beans is having any impact on purchasing decisions.

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From Volleyball, to Verticillium Wilt

Dr. Julie Pasche will join the North Dakota State University Department of Plant Pathology in July as an Assistant Professor with research responsibilities for diseases of dry bean and other pulse crops. Dr. Pasche is a native of Minnesota and received a B.S. in Microbiology and Biotechnology, as well as a M.S. and Ph.D. in Plant Pathology, all from NDSU. As an undergraduate student, Dr. Pasche competed for the Bison in volleyball and track and field. She was a two-time all-American volleyball player, still holds many NDSU volleyball records and was inducted into

the Bison Athletic Hall of Fame in 2010.

After obtaining her bachelor's degree, Dr. Pasche joined the Department of Plant Pathology as a technician in the potato pathology laboratory of Dr. Neil Gudmestad, University Distinguished Professor. She eventually rose to position of lab manager for Dr. Gudmestad. Her Ph.D. research focused specifically on two fungal diseases, black dot and Verticillium wilt, and has important implications for detection of pathogens, diagnosis of diseases, improving efforts to breed for disease resistance and for understanding how

disease develops. Dr. Pasche also has many years of direct experience with fungicides.

Dr. Pasche plans to continue her work with pathogen detection utilizing molecular methods, starting with *Colletotrichum lindemuthianum*, the causal agent of dry bean anthracnose.

Dr. Pasche will take an active role with breeders in the development of genetic resistance to plant pathogens of economic importance to North Dakota. The emphasis of her applied research program will include foliar and seed-treatment fungicide efficacy, fungicide

resistance management in addition to monitoring pathogen populations and tracking diversity.

Dr. Pasche feels that serving the citizens of North Dakota is paramount to the Land Grant University. In her role as the Dry Bean/Pulse Crop Pathologist, she will work to identify and understand the needs of producers in the state and work towards finding both short- and long-term solutions for their plant disease problems. All of this will involve partnership with dry bean growers and the Northharvest Bean Growers Association.

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Larimore Bean Company Now Alliance Valley Bean, LLC

Central Valley Bean Cooperative in Buxton, North Dakota has joined Cooperative Elevator Co. of Pigeon, Michigan to form Alliance Valley Bean, LLC in Larimore, North Dakota. The new Alliance Valley Bean has purchased the Larimore Bean Company and a receiving station in Sharon, North Dakota.

Central Valley Bean Co-op manager Gary Fuglesten says the new alli-

ance will allow his co-op to expand into the black bean market. "Our processing plant in Buxton does the pintos and we just didn't have time to do both here, so we were kind of looking at different options. We got growers that wanted to have us process black beans and market them for them. And when Larimore Bean came up for sale it looked like a good opportunity. It's a good area for beans

and Ron's (Carlson) run a good operation there, it's just a good fit for us, especially with the marketing expertise of the Coop Elevator in Michigan."

Fuglesten says Cooperative Elevator Co. has been very big in the black bean business in Michigan and do a lot of marketing into Mexico. He will be the vice president of operations for the new Alliance Valley Bean, LLC. Travis Carlson will manage Alli-

ance Valley Bean in Larimore. Cooperative Elevator Company CEO Patricia Anderson is the CEO of Alliance Valley Bean.

Larimore will be the main receiving station for black beans. Fairdale and Sharon, North Dakota will also be receiving stations for blacks. Fuglesten is still trying to determine whether to receive black beans in Buxton, and if so, whether it will be this year or next.



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North Dakota State Seed Department Ramps Up Dry Bean Testing

The North Dakota State Seed Department is always on the lookout for diseased seed, but since anthracnose started to show up in commercial fields 8 to 10 years ago, more extensive testing was put in place. ND State Seed Commissioner Ken Bertsch says anthracnose has never been a problem in seed.

In addition to testing, Bertsch's department has also increased its field inspection processes to try and spot anthracnose, if it ever does show up in a seed. Regarding the seed testing, Bertsch said the State Seed Department implemented a zero-tolerance testing requirement about 5 to 6 years ago in certified bean seed. "Really, a zero-tolerance exists nationwide, and it always has here as well, but we implemented more extensive testing requirements and we're actually upgrading those this year as well"

Even though an anthracnose test has been required for a long time, Bertsch said there's been no restriction on the size of the seed lot. "If the seed lot size is too large, we're not getting a good enough sampling to reliably insure that there isn't a seed or two in that seed lot. So we're requiring that the

growers have a smaller sampling."

For example, the State Seed Department is restricting the lot size to 2,000 bushels. That means they're getting a higher percentage of that lot in for the test in the sampling process. "And even if growers decide to co-

mingle 3 or 4 fields into the same bin, or storage, we're further requiring them to split that lot down to a 2,000 bushel sub-lot, and we'll test from there," says Bertsch.

He says that should help, at least on the final certification side, to insure that any latent

anthracnose is caught. Bertsch has not seen a big problem in the field yet, although his department has seen it in seed fields. "And of course those are immediately rejected and go into commercial channels. But, you can't see everything in a field. The next step in the process is

Farmers to Plant 1.7 million acres of Dry Beans in 2012, projected USDA

Farmers have told USDA they intend to plant almost 1.7 million acres of dry edible beans this year, up 38 percent, or 464,000 acres from 2011. However, this year's intended acreage would still be 13 percent below two years ago.

The biggest increase is expected in North Dakota, where growers intend to plant 660,000 acres, a 61 percent increase from last year's 410,000 acres. Minnesota farmers intend to plant 21 percent more dry beans this year, 170,000 acres versus 140,000 last year.

Other intended increases: Nebraska + 41 percent; Colorado + 5 percent; Michigan + 29 percent; Washington + 43 percent; Idaho + 37 percent; Wyoming + 9 percent.

Dry Edible Bean Area Planted - States and United States: 2010-2012 [Excludes beans grown for garden seed]

State	Area planted			Percent of previous year (percent)
	2010	2011	2012 ¹	
1,000 acres				
Arizona	13.0	8.5	7.0	82
California	63.5	45.5	51.0	112
Colorado	70.0	38.0	40.0	105
Idaho	135.0	95.0	130.0	137
Kansas	9.5	6.5	5.0	77
Michigan	236.0	170.0	220.0	129
Minnesota	185.0	140.0	170.0	121
Montana	18.8	15.0	23.0	153
Nebraska	170.0	110.0	155.0	141
New Mexico	13.8	12.5	10.5	84
New York	15.0	12.0	11.0	92
North Dakota	800.0	410.0	660.0	161
Oregon	7.1	6.4	6.0	94
South Dakota	12.5	10.2	15.0	147
Texas	21.0	9.0	12.0	133
Washington	86.0	77.0	110.0	143
Wisconsin	6.2	5.3	6.4	121
Wyoming	49.0	35.0	38.0	109
United States	1,911.4	1,205.9	1,669.9	138

¹Intended plantings in 2012 as indicated by reports from farmers. USDA will issue its Planted Acreage report on June 29th.

to try to test to see if anything has been missed.”

Bertsch does not think they’ve found any anthracnose in a certified seed lot, in other words, a field the State Seed Department has gone out and inspected in the field, twice, during the season. “But we see it all the time in bin-run seed, and that’s really part of the problem,” says Bertsch. “We’re pounding the drum all the time, that part of the problem in North Dakota is that bin-run seed contributes to the spread of anthracnose.”

Anthrachnose can be spread by mechanical means. It overwinters on the trash in the field, it can be picked up by an implement, deer or any wildlife. Bertsch says the more inoculum that’s out there, that is being expanded because of the use of bin-run seed, the higher likelihood that that can get transferred into a seed field.



“Part of the problem that we’ve got, and it happens everywhere,” says Bertsch, “we’ve got commercial and seed fields growing side-by-side in some cases, but certainly in the same general area.”

One thing the Seed Department tries to do is really encourage growers to, if they’re going to use a bin-run seed source off their own farm that was grown the previous year, to make sure and test it thoroughly.

“In other words, sample the heck out of that lot and get more than one test if it’s a large seed lot, to make sure they don’t have anthracnose in their bin-run seed.

Anthrachnose will be costly. Former North Dakota State University Extension plant pathologist Dr. Art Lamey referred to it as the “Aids of the dry bean industry.” Bertsch says anthracnose is a devastating disease. “It will wipe out a field if it’s too widespread.”

Bertsch really encourages people to start being smart about their seed sources because he thinks that’s the only way this disease will be minimized or eliminated. It’s hard to say if growers are getting the message. According to Bertsch, “Often times the message doesn’t really doesn’t kick in until you see a yield loss, or a financial loss. I think if guys were to see pictorial evidence of what happens in a field with anthracnose they’d really pay attention.”

Bertsch says there aren’t that many solutions. Minimizing the spread of anthracnose is best accomplished by planting clean seed. Beyond that, you can pray for a drier summer, bury trash, practice isolation between fields, increase the length of crop rotations, but those are minimally effective. According to Bertsch, “finding a solution probably takes all of the above to really make a dent.”

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Northarvest Director Visits Colombia, Dominican Republic

Northarvest Bean Growers Association director Todd Sorenson, from Fisher, Minnesota was part of a US Dry Bean Council trade mission to Colombia and the Dominican Republic this spring. With the announcement that the US-Colombia Free Trade Agreement will be implemented this year, the timing of the trip was critical.

According to Randy Duckworth, Regional Representative for the US Dry Bean Council, Colombia will offer opportunities for US exporters of small

red beans, dark red kidney beans, and cranberry beans, once the agreement goes into affect. There may also be lesser opportunities for exporters of US black and navy beans. Prices for domestically-produced beans are very high and US prices are likely to be very competitive in a zero-duty scenario.

Duckworth says Colombia will reportedly set up a quota system that mirrors that of the Dominican Republic. Just like in the DR, 80 percent of quota alloca-

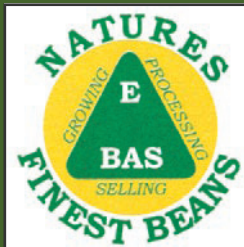
tions will go to Colombia's historical bean importers.

"Unfortunately," says Duckworth, "the similarities with the DR do not stop there. If the Canadian free trade agreement is illustrative of how we can expect the agreement to be implemented, it's going to be a slow process." Duckworth says Canada's agreement went into place last August and permits for duty-free imports had still not been issued at the time of the USDBC visit in March.

Colombia has roughly

120,000 producers, very small landholders who use manual production techniques. Colombia produces about 110,000 metric tons of dry beans on 100,000 hectares of land. Peru, China and Ecuador have been the leaders in dry bean exports to Colombia. Argentina, the US and Canada have also exported lesser amounts.

Duckworth's conclusion is that the best opportunities for US bean exports to Colombia are with small red beans, dark red kidney beans and cranberry



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beans. The US mission generally received positive comments about the samples of US small red beans and dark red kidney beans shown to Colombian buyers. In grocery store visits and meetings with buyers, they found that Colombian consumers are willing to pay a premium for the biggest, roundest, most brilliant dark red beans.

Under the US-Colombia Free Trade Agreement, the US received a 15,000 metric ton duty-free allocation. There is some question as to how Colombia is going to track imports under the free trade agreement, since it does not currently have a tracking system.

Newcomers Eating Our Lunch

The 38 percent reduction in US dry bean production last year and sharply higher prices gave other countries a chance to sell beans to US importers. A recent report from dry bean trade specialist John Parker says US imports of dry beans from Peru reached a record 9,578 tons in 2011, almost four times the level of the previous year.

Bolivia has also become a larger edible bean exporter recently, including significant shipments to Haiti. US imports of Bolivian beans reached 8,287 tons in 2011, up from 5,305 tons in 2010, and only 1,707 tons in 2009.

New Zealand delivered

654 tons of dry beans to the US last year, compared with less than one ton in 2010. Honduras was another competitive newcomer, shipping 1,474 tons of dry beans to US importers last year, compared with just 15 tons the previous year. El Salvador and Belize are other newcomers in the US market.

China has been a major supplier of US dry beans in recent years, and deliveries in 2011 were up about one third, to 44,992 tons, valued at \$46 million. China's trade in pulses fluctuated in recent years with larger imports from Burma and Canada. Total dry bean ex-

ports by China were slightly over one million tons in 2010, and the average export value was up to \$820 per ton.

Canada was the second major supplier of US dry bean imports in 2011, shipping 24,707 tons for an average price of \$990 per ton. Drought reduced imports of dry beans from Mexico, from 28,745 tons in 2010, to 17,141 last year.

Argentina provided US importers with 2,792 tons of dry beans last year, compared with 981 tons in 2010. US imports from Ecuador reached 319 tons in 2011, up from 84 tons the previous year.

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High Prices Stall Exports of Pinto Beans to the Dominican Republic

Current dry bean prices have importers in the Dominican Republic reinventing their purchasing strategies. In early April, Fradbelin Escarraman, the Northarvest Bean Growers Association's representative for the D-R, met with five major importers to gather information about future purchases of dry beans from the US and other origins.

Importers indicated they are going to stop, for the moment, imports of pinto beans from the US, because prices are extremely high. Importers have decided to purchase local beans and will only import when local supplies run out or prices of pinto beans go down.

Prices of local beans are less expensive than US beans, and the locally-grown cranberry beans have an excellent quality and a better price than cranberries from the US. Importers told Escarraman that imports of US pinto beans will probably decline 50 percent this year.

Farmers in the San Juan de la Maguana Valley harvested about 16,000 metric tons of dry edible beans. The carryover inventory from the 2011

D-R crop was estimated at 25,000 cwt. Importers also have inventories of around 20,000 cwt of pinto beans, which were imported last year.

The US is also losing its market share of black beans to China, due to the fact that China has better prices and good quality. When Escarraman met with the D-R importers, black beans from China were being quoted at \$37 CIF, while black beans from the US were \$20 CIF higher. Nonetheless, importers understand that Mexico's decision to allow imports of Chinese black beans will create pressure on the price, which will eventually go up.

Escarraman also reports the exchange program of black beans for fuel, created as part of an agreement between the governments of the D-R and Venezuela failed. In two years, the D-R could only deliver half of the 10,000 metric tons of black beans requested, due to failure in planning.

For this new crop, the number of black bean producers was reduced from more than 100 to less than 40. Estimated production will not reach 15 percent of previous years,



Fradbelin Escarraman represents Northarvest in the DR.

Escarraman estimates US pinto bean exports to the DR will decline by 50 percent this year.

none for export. This may cause problems with several international agencies, such as FAO, IICA, and GTZ, which always buy, through tenders, 15,000 to 20,000 metric tons of black beans for the collaborative projects, primarily carried out in Haiti.

The 2012 D-R/CAFTA quota of 11,920 metric tons of dry beans were allocated to 503 companies, but only seven or eight are known traders. Even though the allocating was done, the permits have not been delivered to the owners in an effort to protect local producers.

After eight years of research, the Dominican Republic managed to develop two new varieties

of pigeon peas and red beans with high nutritional value and performance in production, between 15 and 20 percent higher than other varieties.

Both varieties will be available for commercial purchases this year, according to agronomist Fabio Frias, head of the Unit for Technical Cooperation and Exchange of the Dominican Institute of Agriculture and Forestry Research (IDIAF).

The research was conducted by IDIAF and supported by the University of Nebraska. The new red bean is called Yucomin and produces almost a hundred pounds more than previously cultivated varieties. It also has a higher nutritional value and is more resistant to pests. The new variety of pigeon peas is called Christmas and will have a high performance throughout the year, especially in December when yields of other varieties are significantly reduced. Furthermore, the pigeon pea is larger and has a higher nutritional value. The development of these varieties lasted eight years, including testing, analysis and testing.



MARK STREED
Milan, Minnesota

Crops raised? I raise corn, soybeans and navy beans.

Why are dry beans part of your crop mix? On the average, they have been the best revenue and I like the fact that they are not a program crop.

How did spring planting go this year? Great. It was not too wet for a change.

What's the best part of farming? Why did you get into this business? I appreciate the sense of accomplishment when you have successfully raised a crop from planting to harvest. The independence that being self employed brings is also good.

Favorite thing to do on the farm? Planting; it is the time of the season when hopes are highest for a good crop.

What's the one piece of farm equipment that you wouldn't want to be without? Auto steer made long days a lot easier.

Hobbies? What do you do for fun? Golfing poorly and traveling in the winter.

Any summer get-away or vacation plans on the schedule? I hope to make it to the lake more often than last year, but I always hope that.



JON EWY
Deer Creek, Minnesota

Crops raised? Corn, soybeans, alfalfa and dry beans

Classes of dry beans raised? Dark red kidneys

Why are dry beans part of your crop mix? They are an excellent rotational crop and have been profitable most years.

How did spring planting go this year? Corn and soybean planting really went well. Rain delayed the kidney planting.

What's the best part of farming? Why did you get into this business? Watching the crops mature. I was born and raised on a farm in southern Minnesota. I left the farm for a number of years and returned in 1978 because I missed the farm life.

Favorite thing to do on the farm? Fall harvest.

What's the one piece of farm equipment that you wouldn't want to be without? Irrigation

Hobbies? What do you do for fun? Motorcycling and enjoying the grandkids.

Any summer get-away or vacation plans on the schedule? There are a number of us going to Branson and northern Arkansas on a motorcycle trip.



RICHARD ZOLLINGER
Extension Weed Specialist
North Dakota State University

How long have you been at NDSU? Going on 23 years.

Where is your hometown? I've had several with a corporate family farm operation and farms in Utah, Idaho, Montana, and an 18,000 acre farm in the Peace River region of British Columbia, Canada.

What are the best parts of your job? Learning from very intelligent and innovative growers in the region. Telephone calls, emails, and comments at winter education meetings give insight to relevant problems facing growers and many give fascinating solutions to the problems.

What's the biggest weed control issue facing dry bean growers? Glyphosate resistant waterhemp and kochia has been documented in ND and MN. If it continues to spread the result could have very a profound impact on northern plains agriculture.

Hobbies? Grow the most succulent tomatoes (I am addicted), regular service to church, running and weight training, cooking for my wife and trying to get her to fall in love with me again.

What do you do for fun? Try to keep up to my wife in golf and marksmanship in pistol and rifle shooting.

Any summer get-away or vacation plans on the schedule? Triple Challenge – golf "The Links" near Williston, "Bully Pulpit" near Medora, and then "Hawktree" north of Bismarck.

What's on your bucket list? What's the one thing you want to accomplish yet? I hope to publish an edition of the North Dakota Weed Control Guide free of any errors before I retire.

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BLACK BEAN AND ROASTED RED PEPPER FRITATTA

Recipe developed by The Culinary Institute of America as an industry service to Northharvest Bean Growers Association.

Nutrition Note: This recipe makes 12 servings. Each serving has 150 calories, 7g fat, 11g protein, 9g carbohydrates, 2g fiber, 135mg calcium, 27mcg folate, 6mg potassium, 270 mg sodium.

Ingredients:

- 1 – 2 tablespoons vegetable oil
- 1 yellow onion, large, halved, minced
- 1 cup refrigerated or frozen hash browns, shredded
- 1 15-ounce can black beans, drained & rinsed
- ½ cup red bell pepper, diced
- 3 tablespoons parsley, dried
- ¼ teaspoon oregano, dried
- pinch black pepper, ground
- 10 eggs beaten or 2 cups liquid
- ¾ cup mozzarella/cheddar cheese, shredded
- 6 - 8 tablespoons bread crumbs
- ½ cup mozzarella cheese, shredded

Method:

Preheat oven to 350° F.

1. For the potato bean mixture: Heat oil in a large sauté pan over medium-high heat. Add onion, cook 3 – 4 minutes until soft and just starting to color; add hash browns, cook, stirring occasionally, until lightly browned and soft, about 15 minutes. Remove from heat, add black beans and red pepper, combine.
2. For the egg mixture: While the potatoes are cooking: In a quart liquid measure, whisk together parsley, oregano, black pepper, eggs and ¾ cup shredded cheese. Set aside. Spray muffin tin cups with cooking spray, coat each with bread crumbs, especially on the bottom where the cheese can stick. Add 2 teaspoons grated cheese to each cup.
3. For the muffin tins: Spoon 2 tablespoons of bean mixture into each muffin cup. Stir egg mixture again, pour into each muffin cup 2/3 of the way up the sides. Place muffin tin in preheated oven, cook for 10 minutes, turn oven off, leave in closed oven 10 more minutes until center is set, slightly raised, no longer shiny. Run a rubber spatula around the edge of each cup and remove. Serve hot.
4. Substitutions: 1 cup fresh or leftover grated potato for frozen hash browns, ½ cup finely chopped fresh parsley for dried, 1 whole, diced red bell pepper.

This recipe made more than 12 large muffin cups. I would recommend preparing 18 – 24 cups depending on the cup size or grease and crumb a 9 x 13 cake pan as directed for the muffin tin, put all the cheese in the egg mixture. Spread cooked vegetable mixture in cake pan, pour egg mixture over the top, bake @ 350°F 20 - 30 minutes, cut into 12 pieces.

The traditional way to make a fritatta is to prepare the cooked vegetables in your largest frying pan, make egg mixture while the veggies cook, pour egg mixture over the top and slip frying pan into 350° F oven. Bake 10 – 20 minutes. Great way to use up leftover vegetables and prepare a quick single pan meal.