



NORTHARVEST **BeanGrower**

Special Edition

**31st Annual
Bean Day
January 19-20**

**Northarvest
Bean Growers
Association
Annual
Report**

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NORTH HARVEST Bean Grower

OFFICIAL PUBLICATION OF THE NORTH HARVEST BEAN GROWERS ASSOCIATION

Volume 12, Issue 1

January/February 2006

Features

Bean Day 2006

The 31st Annual Bean Day is set for January 19-20 at the Fargo Holiday Inn.

USDA Dry Bean Outlook

U.S. dry edible bean production 53% above 2004.

2005 Annual Report

2005 Northharvest Bean Growers Association annual review of activities and progress.

Six Northharvest Bean Priorities for 2006

Priorities include the new Farm Bill; new plant breeder; pathologist; national organization consolidation; exports/food aid; domestic promotion; and communications.

The Bean Fitness Plan

Dry bean growers tout health benefits and search for non-food uses.

Cuba Agrees to Buy Record \$20 Million in North Dakota Commodities

Purchases over the next 18 months to include peas, pinto beans, lentils and hard red spring wheat.

Departments

Northharvest Market Outlook

Get Smart...Eat More Dry Beans

Bean Briefs

The Bean Scene



Special Edition of the Bean Grower

This special edition of the "Bean Grower" magazine includes all the information you'll need for the upcoming Bean Day set for January 19-20 at the Fargo Holiday Inn. It also includes the 2005 Northharvest Bean Growers Annual Report.

ON THE COVER: Pinto beans ready to harvest
(photo by Marlene Dufault)

The Northharvest Bean Grower is published five times a year (January, March, June, August and November) by the Northharvest Bean Growers Association, 50072 E. Lake Seven Road, Frazee, MN 56544, Phone: (218) 334-6351, Website: www.northharvestbean.org, Email: nhbean@loretel.net.

Send advertising and editorial materials, and questions about the magazine, to Marlene Dufault, Prairie Ag Communications, 2607 Wheat Drive, Red Lake Falls, MN 56750, 218-253-4391. Email: mdufault@gvtel.com.

Publication of editorial or advertising material in the Northharvest Bean Grower magazine does not imply endorsement by the Northharvest Bean Growers Association. Check agronomic advice with local sources and always read and follow product labels.

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ADDITIONAL PLANT LOCATIONS

Idaho

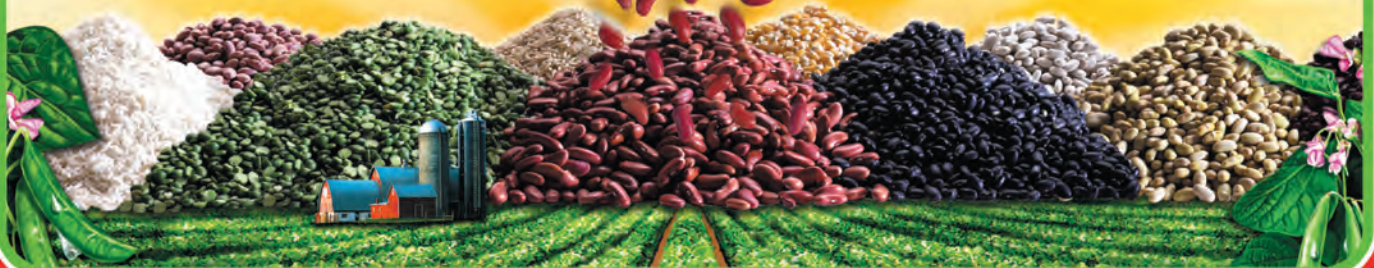
22689 U.S. Highway 30
Hansen, ID 83334
Tel: (208) 423-4900
Fax: (208) 423-4903

North Carolina

5201 Departure Drive
Raleigh, NC 27604
Tel: (919) 877-9770
Fax: (919) 877-9790

North Dakota

P.O. Box 55, Highway 33
502 3rd. Street
Manvel, ND 58256
Tel: (701) 696-2040
Fax: (701) 696-2042



Bean Day 2006

31st Annual Bean Day January 19-20, Fargo Holiday Inn

Bean Day at a Glance...

- | | |
|--------------------------|--|
| January 19, 5 pm | Social and Trade Show opens.
Cash bar. |
| January 19, 7 pm | Pre-Bean Day Banquet.
\$20 banquet ticket. Call 218-334-6351
by January 17th to reserve meals. |
| January 20, 8 am | Bean Day registration begins. |
| January 20, 10 am | First speaker. |
| January 20, 3 pm | Last speaker. |



Bean Day 2006

Pre Bean Day Banquet -- January 19

Join your fellow bean growers and industry representatives at the Fargo, N.D. Holiday Inn, January 19 at 5 p.m. for our annual kick-off to bean day -- the Pre Bean Day Banquet.

Entertaining us at this year's banquet will be **Cheaper Than Therapy**, a women's barbershop quartet from Jamestown, N.D.

Cheaper Than Therapy offers acappella vocal harmony and slapstick humor, proving that music and laughter are really "cheaper than therapy." They have been singin' and jokin' their way across North Dakota for the last 8 years, and have a combined vocal experience of over 50 years. As a registered quartet of Sweet Adeline's International, and members of the Fargo, N.D. based women's show chorus Acappella Xpress, and Chapter -At-Large, they have had the opportunity to complete with that chorus in international competitions in San Antonio, Texas, and Portland, Oregon, and in many regional competitions as well.

The quartet was named the 2001 winners of the "People's

Choice Award" in the Bismarck, N.D.-based KFYR Radio Station's Home Grown Talent competition, in September, 2001, and have released their first CD "Not Suitable for Framing," made possible by that competition. In addition, the North Dakota Mental Health Association recognized them in 2001 for their work with the Jamestown Area Mental Health Association. They have also been guests of Brenda Skolten on the KFYR-TV show "County Morning".

Their high energy, good sense of humor, and quality sound will delight any audience. Their performances are fun and light-hearted. They will perform for store openings and closings, birthday and anniversary parties, community celebrations, and just about any social event available. They'll sing for food, car wash tickets, and even cash, or if you see them together somewhere, they'll sing just because you asked them. They love acappella harmony, and show a lot of personality and spontaneity in their performances.



Cheaper Than Therapy, a registered quartet of Sweet Adelines International, will entertain at the Pre-Bean Day Banquet.

Reserve Your Ticket Today

You must call the Northarvest Bean Growers Association office by January 17th to reserve a ticket for the banquet (218-334-6351). A ticket costs \$20 per person. The pre Bean Day Banquet starts at 5 p.m. with a cash bar and viewing of commercial exhibits. The banquet meal follows at 7 p.m.

and entertainment 8 p.m.

The menu includes tossed garden green salad with a splash of beans, steak & chicken baked with mushroom sauce, baked stuffed potato in a half shell, antigua blend vegetables and black bean brownies a la mode.

We look forward to seeing you on the 19th!

Bean Day Lodging Directory

The Fargo, N.D., Holiday Inn at I-29 & 13th Ave SW. is the headquarters hotel for Bean Day. Make your room reservations by calling the hotel directly. Phone (701) 282-2700. Other hotels and motels in the Fargo, Moorhead and West Fargo in alphabetical order include:

AmericInn Lodge & Suites - (701) 234-9946
Best Western Fargo Doublewood Inn - (701) 235-3333
Best Western Kelly Inn - (701) 282-2143
C 'Mon Inn - (701) 277-9944
Country Inn & Suites By Carlson - (701) 234-0565
Courtyard By Marriott - (218) 284-1000
Days Inn Airport/Dome Days Inn & Suites - (701) 232-0000
Days Inn and Conference Center Of Moorhead - (218) 287-7100
Days Inn West Fargo - (701) 281-0000
Expressway Inn - (701) 235-3141
Flying J Inn - (701) 282-8473
Hampton Inn - (701) 235-5566
Holiday Inn - (701) 282-2700
Holiday Inn Express - (701) 282-2000
Hotel Donaldson - (701) 478-1000
Howard Johnson Inn - (701) 232-8850

MainStay Suites - (701) 277-4627
Motel 75 Fargo Inc - (701) 232-1321
Motel 75 - (218) 233-7501
Radisson Hotel Fargo - (701) 232-7363
Ramada Plaza Suites & Conference Center - (701) 281-7168
Red Roof Inn - (701) 282-9100
Rodeway Inn - (701) 239-8022
Scandia Hotel - (701) 232-2661
Select Inn Of Fargo - (701) 282-6300
Sleep Inn - (701) 281-8240
Sunset Motel - (701) 282-4207
Super 8 Motel - (701) 282-7121
Super 8 Motel & Suites - (701) 232-9202
Travelodge & Suites - (218) 233-5333
Wingate Inn - (701) 281-9133

Bean Day 2006

Bean Day Program -- January 20

Morning Program

- 8:00 - 9:50 a.m. **Registration, Coffee**
- 9:50 - 10:00 a.m. **Setting The Agenda**
Kevin Anderson, President
Northarvest Bean Growers Association
- 10:00 - 10:20 a.m. **The Need To Keep On Top of Anthracnose and Other Dry Bean Disease Threats**
Dr. Jack Rasmussen, Department
Chairman, Department of Plant Pathology,
North Dakota State University, Fargo, ND
- 10:20 - 10:40 a.m. **Identifying Weed Problems in Dry Bean and Effective Control Measures**
Dr. Richard Zollinger, Extension Weed
Specialist, NDSU Extension Service North
Dakota State University, Fargo, ND
- 10:40 - 11:00 a.m. **Optimizing Dry Bean Yield in a Year When Fertilizer Costs Are Expensive**
Dr. Dave Franzen, Extension Soil Specialist
NDSU Extension Service North Dakota
State University, Fargo, ND
- 11:00 - 11:20 a.m. **Breeding and New Releases of Dry Bean**
Dr. Ken Grafton, Director NDSU
Experiment Station, North Dakota State
University, Fargo, ND
- 11:20 - 11:40 a.m. **Dry Bean Seed Release Process and How Seedstocks Interact With The NDSU Breeding Program**
Dale Williams, Director NDSU Foundation
Seedstocks Project Department of Plant
Sciences North Dakota State University,
Fargo, ND
- 11:40 - 12:00 p.m. **The Upcoming U.S. Farm Program Debate: Dry Bean-Vegetable and Fruit - World Trade Organization**
Senator Kent Conrad (ND), U.S. Senate Ag
Committee Washington, D.C. (invited)
- 12:00 - 1:30 p.m. **Lunch**
- 1:30 - 1:45 p.m. **Association Business**
Kevin Anderson, President
1) District Director Elections

Afternoon Program

- 1:45 - 2:05 p.m. **Dry Bean and The Trend in Whole Foods**
Dr. Gerald Combs, Jr. Ph.D., Center Director
Grand Forks Human Nutrition Research
Center Grand Forks, ND
- 2:05 - 2:25 p.m. **Advancing Food Aid Purchases and Multi Class Purchasing**
Charles Wachsmuth, Food Aid
Representative, U.S. Dry Bean Council
Menomonie, WI
- 2:25 - 2:35 p.m. **2005 U.S. Dry Bean Council Harvest Tour: The Outlook for Mexico**
Bill Thoreson, Sales Manger North Central
Commodities Johnstown, ND
- 2:35 - 2:55 p.m. **A Global Profile of the Current Dry Bean Suppliers To Our (U.S.) Domestic Canner, Packager and Wholesalers**
John Parker, International Dry Bean
Marketing Analyst Oakton, VA
- 2:55 - 3:15 p.m. **What Challenges Lie Ahead When Moving This Year's North American Dry Bean Crop**
John Thompson, Dry Bean Sales Manager
Thompson USA , LTD Blenheim, ON

Register for the Bean Day Door Prize

Be sure to register when you attend Bean Day. Registration is free, but your ticket might be worth a great door prize. This year's door prize is sponsored by Ag Country Farm Credit Services (phone: 800-450-8933) and Farm Credit Services of Grand Forks (phone 800-288-3982). You must be a Minnesota or North Dakota dry bean

grower to win the prize.

In this photo. NHB executive vice president, Tim Courneya congratulates last year's door prize winner, Leann Schafer of New Rockford, ND.



Bean Day 2006

Bean Day Exhibitors

ADM Edible Bean Specialties Inc.

Appleton, MN; Cavalier, ND;
Galesburg, ND; Grafton, ND;
St. Thomas, ND; Olivia, MN;
Northwood, ND; and
Casselton, ND
Grafton address:
PO Box 25, Front St.
Grafton ND 58237
(701) 352-1030

Agri Resources

Lee Dybsand
5621 53rd Ave SW
Fargo ND 58104
(701) 277-3221

Amadas Industries

Tim Hoggarth
1203 2nd Ave SW
Jamestown ND 58401
(701) 252-2915

BASF Corporation

Elton Hendrickson
Box 166
Thompson ND 58278
(701) 599-2322

Bratney Companies

3400 109th Street
Des Moines IA 50322
(800) 247-6755

Cerexagri

Shane Orr
111 7th Ave SE
Mayville ND 58257
(701) 430-0374

C & F Foods

Turtle River Bean Co.
PO Box 55
Manvel ND 58256
(701) 696-2040

Convey All

PO Box 175
Hamilton ND 58238
1-800-454-3875

Dow Agro Sciences LLC

Bridgett Readell
320 3rd Ave W
Hunter ND 58048
(701) 874-2360

Dupont

Ruth Anderson
4250 21st Ave NE
Larimore ND 58251

Elmer's Mfg

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Horace ND 58047
(701) 361-7165

Ellingson Drainage

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West Concord MN 55985-6066
(507) 527-2294

Emery Visto's Implement

1009 7th St S
Oakes ND 58474
(800) 726-0108 or
(701) 742-2167

Fugleberg Seed & Bean Co.

Richard Fugleberg
RR 1 Box 49
Portland ND 58274
(701) 786-4129

Idaho Bean Commission

PO Box 83720
Boise ID 83720-0015
(208) 334-3520

Idaho Seed Bean Co.

PO Box 1072
Twin Falls ID 83303-1072
(208) 734-5221

Kelley Bean Co

Mayville, ND; Hatton, ND;
Oakes, ND; and Perham, MN
Mayville address:
RR 2 Box 11A (Hwy 18 S.)
Mayville ND 58257
(701) 786-2997

Kuchar Combines

PO Box 595
Carlinville IL 62626
(217) 854-9838

MN Ag Statistics Service

PO Box 7068
St Paul MN 55107
(651) 296-2230

Nissen Mfg & Sales Inc

Jay Nissen
3454 24th Ave NE
Larimore, ND 58251
(701) 343-2444

ND Ag Statistics Service

PO Box 3166
Fargo ND 58108
(701) 239-5306

Northern Valley Fertilizer

Tom Walski
5529 157th Ave NE
Ardoch ND 58213-9660
(701) 699-5351

Northwest Chemical

Box 33
Emerado ND 58228
(800) 315-2469

Pickett Equipment

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Burley ID 83318
(800) 678-0855

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Neché ND 58265
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Syngenta Seed Treatment

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Underwood, MN 56586
(218) 826-6380

Syngenta Seeds, Inc.

Joyce Black
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Boise ID 83771-4188
(208) 327-9338

Thompson USA Ltd

PO Box 374
East Grand Forks MN 56721
(218) 773-8834

Valent USA

Tom Gardner
2709 33rd St S
Fargo ND 58103



Bean Day Lunch Supporters

ADM Edible Bean Specialties, Inc.

P.O. Box 249, 1804 Front Street
Casselton, ND 58012
PH: 701-347-5321

ADM Edible Bean Specialties, Inc.

9451 Hwy. 18, P.O. Box 676
Cavalier, ND 58220
PH: 701-265-8385

ADM Edible Bean Specialties, Inc.

P.O. Box 98, 108 MN Ave. W.
Galesburg, ND 58035
PH: 701-488-2214

ADM Edible Bean Specialties, Inc.

77 East 3rd Street, P.O. Box 25
Grafton, ND 58237
PH: 701-352-1030

ADM Edible Bean Specialties, Inc.

P.O. Box 437
Northwood, ND 58267
PH: 701-587-5900

ADM Edible Bean Specialties, Inc.

P.O. Box 149, 22nd St. N.
Olivia, MN 55277
PH: 320-523-1637

ADM Edible Bean Specialties, Inc.

16255 Hwy. 13
Barney, ND 58008
PH: 701-439-2266

ADM Edible Bean Specialties, Inc.

P.O. Box 255, 557 Industrial Dr.
St. Thomas, ND 58276
PH: 701-257-6721

ADM Edible Bean Specialties, Inc.

P.O. Box 124, Hwy. 7 W.
Appleton, MN 56208
PH: 320-289-2430

Alvarado Bean Co.

P.O. Box 961
120 1st Ave. E.
Alvarado, MN 56710
PH: 218-965-4668

Barlow Grain & Stock Exchange

260 Elevator Road
Carrington, ND 58421
PH: 701-984-2617

Bird Island Bean Co. LLC

P.O. Box 249
Bird Island, MN 55310
PH: 320-365-3070

Bollingberg Seeds

5353 Highway 15
Cathay, ND 58422
PH: 701-984-2486

Bremen Elevator Company

310 Railway Right-of-way
Bremen, ND 58356
PH: 701-947-5966

C and F Foods/ Turtle River Bean Co.

P.O. Box 55
Highway 33
Manvel, ND 58256
PH: 701-696-2040

Cando Farmers Grain & Oil

Box 456
101 9th Street
Cando, ND 58324
PH: 701-968-4466

Cavalier Bean Co.

P.O. Box 297
308 Industrial Park
Cavalier, ND 58220
PH: 701-265-8495

Central Valley Bean Cooperative

401 Broadway, P.O. Box 162
Buxton, ND 58218
PH: 701-847-2622

Chippewa Valley Bean Co., Inc.

N2960 730th St.
Menomonie, WI 54751
PH: 715-664-8342

Northarvest Board Elections

Elections will be held at Bean Day for Northarvest directors to represent districts 1, 4 and 7. If you are a dry bean grower interested in the dry bean industry and are a resident of one of these districts, you should consider having your name put on the ballot. The Northarvest Bean Growers Association is the center of the bean world and serving on its board is both fascinating and rewarding. Some of the issues we will be involved in 2006 include the challenge of merging our three national organizations, becoming an industry watch dog during the development of the new farm program, supporting the hiring of a full time dry bean plant breeder and plant pathologist, and advancing the nutrition marketing/ pharmaceutical/industrial use of the dry bean.

The Northarvest board of directors is comprised of three segments which meet and conduct business in unison. These segments are the five directors of

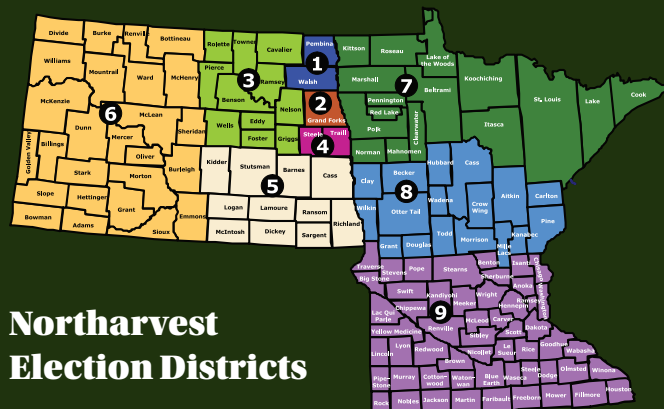
the North Dakota Dry Bean Council, the five directors of the Minnesota Dry Bean Research and Promotion Council, and the nine directors of the Northarvest Bean Growers Association.

Terms on the NHB board are for three years, with a limit of three terms. There are usually four full board meetings a year, scheduled to be of minimal disturbance to most farming operations. This is in addition to committee meetings which are dependent upon assignment but also minimally invasive. Compensation for meetings and activities is \$65 per day with a mileage/meal/lodging

allowance similar to state and federal reimbursement.

Serving on the board not only gives its members unique insight into the dry bean industry, it allows interaction with other directors from across the two states who are some of the best and most innovative bean growers in the Northarvest region.

If you have any questions, or to have your name placed in consideration, please contact Tim Courneya at 218-334-6351 or by email at nhbean@loretel.net.



Northarvest Election Districts

Bean Day 2006

Bean Day Lunch Supporters

Colgate Commodities

HC 2, Box 17
Colgate, ND 58046
PH: 701-945-2580

Dahlen Farmers Elevator & Oil Co.

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PH: 701-384-6144

Diversified Bean LLC

38026 330th Ave SW
Climax, MN 56523
PH: 218-857-3341

Engstrom Bean & Seed

6131 57th Ave NE
Leeds, ND 58346
PH: 701-466-2398

Falkirk Farmers Elevator Co.

101 Main St.
Washburn, ND 58577
PH: 701-462-8572

Farmers Elevator Co. of Honeyford

2472 30th St. NE
Gilby, ND 58235-9711
PH: 701-869-2466

Fessenden Coop Assn.

P.O. Box 126, 900 Railway St.
Fessenden, ND 58438
PH: 701-547-3354

Forest River Bean Co., Inc.

P.O. Box 68, #1 Side Road
Forest River, ND 58233
PH: 701-248-3261

Grafton Farmers Co-op Grain Company

129 E 6th Street
Grafton, ND 58237
PH: 701-352-0461

Grand Forks Bean Co.

2120 N. Washington Street
P.O. Box 5357
Grand Forks, ND 58206-5357
PH: 701-775-3984

Green Meadow Bean Co.

2489 380th St.
Gary, MN 56545
PH: 218-356-8131

Green Valley Bean

58473 St., Hwy 34
Park Rapids, MN 56470
PH: 218-573-3400

Haberer Foods

41591 180th St
Morris, MN 56267
PH: 320-795-2468

Johnstown Bean Co.

3295 Johnstown St
Johnstown, ND 58235
PH: 701-869-2680

Kelley Bean Co.

P.O. Box 99, 703 Division Ave S
Cavalier, ND 58220
PH: 701-265-8328

Kelley Bean Co.

RR 2, Box 11A, Hwy 18 So.
Mayville, ND 58257
PH: 701-786-2997

Kelley Bean Co.

524 S. 7th St., P.O. Box 290
Oakes, ND 58474
PH: 701-742-3219

Kelley Bean Co.

1328 Dakota Ave.
Hatton, ND 58240
PH: 701-543-3000

Kirkeide's Northland Bean Co.

4520 12th St. NE
Fessenden, ND 58438
PH: 701-547-3466

Klindworth Seed & Bean Co.

2139 Highway 30
Fessenden, ND 58438-9441
PH: 701-547-3742

Larimore Bean Co. Inc.

P.O. Box 607
Larimore, ND 58251
PH: 701-343-6363

Larson Grain Co.

100 2nd Ave
Englevale, ND 58033
PH: 701-683-5246

Lee Bean & Seed Inc.

P.O. Box 37, 3 mile So. Hwy. 9
Borup, MN 56519
PH: 218-494-3330

Manvel Bean Co.

2875 18th St. NE
Manvel, ND 58265
PH: 701-696-2271

Mayport Farmer's Co-op Edible Bean Division

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Portland, ND 58274
PH: 701-786-4062

Northstar Bean

4082 22nd Ave
Larimore, ND 58251
PH: 701-397-5261

Northwood Bean Co. Inc.

301 Potato Road
Northwood, ND 58267
PH: 701-587-5206

Northwood Equity Elevator

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Northwood, ND 58267
PH: 701-587-5291

O'Brien Seed, Inc.

P.O. Box 505, 321 2nd Ave. S.E.
Mayville, ND 58257
PH: 701-788-9118

Oslo Bean Company

P.O. Box 247, 105 Oak Street
Oslo, MN 56744
PH: 218-695-3040

Parent Seed Farms, Ltd.

Box 36
St. Joseph, Manitoba
Canada ROG 2C0
PH: 204-737-2625

Quality Bean LLC

Box 188, 15365 Cty Road 15
Minto, ND 58261
PH: 701-248-4040

SRS Commodities

411 2nd Avenue NE
P. O. Box 386
Mayville, ND 58257
PH: 701-786-3402

St. Hilaire Seed Co.

P.O. Box 85, Hwy. 32 S.
St. Hilaire, MN 56754
PH: 218-964-5407

The Bean Mill

42631 450th Ave.
Perham, MN 56573
PH: 218-346-2151

Thompsons USA Limited

P.O. Box 374
41703 Highway 2 SW
East Grand Forks, MN 56721
PH: 218-773-8834

TMT Bean & Seed Farm

404 10th St. SW
Jamestown, ND 58401
PH: 701-763-6544

Tronson Grain Co.

115 W. 1st St.
Doyon, ND 58328
PH: 701-398-3512

Valley Bean Assn.

301 Oak Street. P.O. Box 250
Oslo, MN 56744
PH: 218-695-2201

Victoria Seed & Processing Inc.

980 26th Ave NW
Coleharbor, ND 58531
Ph: 701-442-5552

Walhalla Bean Co.

P.O. Box 67
1920 Hwy. 32 N.
Walhalla, ND 58282
PH: 701-549-3721

Walhalla Bean Company

7400 55th Street South
Grand Forks, ND 58201
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Gary W. Fuglesten, Manager

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Large '05 North American Crop Tempers Price Expectations

USDA released their latest break down of the 2005 edible bean crop in December, and the numbers were not surprising to many in the industry. The report showed a slightly better than expected crop. There were some problems in some regions of the U.S., but for the most part the size of the U.S. crop rebounded to 2003 levels.

U.S. dry edible bean production for 2005, by the numbers:

- Planted acres 1.6633 million acres
- Harvested acres: 1.5707 million acres
- Average yield: 1,731 lbs
- Production: 27.184 million cwt.

The three largest classes of edible beans are navy (14% of total production), black beans (7% of total production), and pinto beans (48% of total production). The major dry bean producing states are: ND (34% of Navy, 14% of blacks, and 50% of pinto), MI (33% of navy, 63% black, and 2% pinto), NE (2% navy, 3% black, and 15% pinto), MN (23% of navy, 7% of blacks, and 2% of pinto) and CO (13% of pinto).

The five main dry bean-producing states in the U.S. are ND, MI, NE, MN, and CO. As goes the production in those states, so goes the edible bean market. And as was seen in 2004, a production hiccup in any one or two of these states can result in a major price increase. On the flip side, a slight increase in acreage of any one of the classes of edible beans can result in a huge change in price.

The 2005 U.S. edible bean

crop was 53% larger than the 2004 crop, and 7% larger than the 2003 crop, yet the change in price between the two years has been much more exaggerated. Part of this is a reflection of abundant supplies of pintos and adequate supply of navies, as well a larger crop in Canada, which will increase competition for demand.

Final production estimates released by Statistics Canada indicate a dry bean crop in Manitoba that was over 30% larger than in 2004. Overall during the past few years, Canadian production and supplies of dry edible beans have come in below normal levels. But in 2005, production in all three of Canada's bean-producing provinces of Ontario, Manitoba and Alberta rose considerably from 2004. Production in Ontario was 60% larger than 2004, and Alberta, 34% larger. Most of Alberta's production is colored beans; Canada's dry white bean production comes primarily out of Manitoba and Ontario.

A larger overall North American supply base compared to the past few years compounds a soft demand situation. It is not fun selling last year's \$25 dry bean crop for \$14 this year. The biggest item to help with the decision to sell the remainder of the 2005 crop or not, we believe, should not be based on what last year's price was or even on last year's production estimate, but more on what you think the crop potential next year will be.

At this point with the current high input costs, many producers are looking at ways

to cut expenses. This will likely prompt many producers to switch their acres from higher input cost crops (wheat and corn) to lower input cost crops like soybeans, sunflowers, and dry beans. The key to where and how much the dry bean acres will increase will be mainly dependent on how many free acres producers have available and are allowable under the farm program.

The bottom line is that prospective dry bean acres in 2006 are likely to be similar to or even above 2005, as producers

look for lower input cost crops that could have a potential increase in price. Thus, temper expectations for seasonal strength, especially since there's likely to be less competition for acres in '06.

If demand for dry beans could increase just slightly, it could result in a slightly better cash bid, so keep your eye on sales opportunities for overrun production this winter.

Martinson (randy@progressiveag.com) is a grain market analyst with Progressive Ag Marketing, Fargo.



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U.S. dry edible bean production 53% above 2004

U.S. dry edible bean production in 2005 is forecast at 27.2 million cwt, 53% above last year, according to USDA. Harvested acreage is forecast at 1.57 million acres, 29% above 2004. The average U.S. yield is forecast at 1,731 pounds per acre, 272 lbs above a year ago. Per-acre yield was 19% higher than the weather-reduced low of a year earlier.

Production exceeded that of 2004 in 16 of the 17 producing States. Most notable production increases from last year are Minnesota up 111%, Colorado 91% higher, and North Dakota increasing 82%. Production is up from a year ago for large lima, baby lima, navy, great northern, pinto, light red kidney, dark red kidney, pink,

small red, blackeye, and small and large chickpeas.

U.S. dry bean growers harvested about 1.57 million acres in 2005, 29% greater than a year earlier. Planted area in 2005 increased 24% in response to strong dry bean prices, low carryover stocks, and less attractive prices and revenue streams for alternative crops.

N.D., MN production

Despite attractive dry bean prices last spring, N.D. growers only increased planted area 11% over 2004. However, most of the increase in production within this top dry bean state came from a 50% increase in yields – fully recovering from the frost-

reduced yields of 2004. Dry edible bean production in N.D. is estimated at 8.66 million cwt for 2005, the highest production since 2002 when 10.6 million cwt were produced.

Total planted area in N.D. at 620,000 acres is up from 2004's 560,000 acres. Harvested area, at 570,000 acres, was well above last year's 475,000 acres harvested. This is the largest harvested acreage since 2002, when 690,000 acres were harvested from 790,000 acres planted. The statewide average yield for 2005 is 1,520 pounds per harvested acre, 520 lbs above 2004, which was the lowest since 1993.

Pintos accounted for 76% of the total edible bean production in N.D., navies 15.5, blacks

2.9, pinks 1.9, all chickpeas (garbanzo) 1.3 and great northern 0.8.

All other dry edible bean classes represent 1.6% of the state's total production.

Total planted area in Minnesota was 145,000 acres, up 26% from 2004. Harvested area was 135,000 acres, 35% above 100,000 acres harvested in 2004. Production was 2.43 million cwt, double the 1.15 million cwt in 2004. Average yield was 1,800 lbs per harvested acre, 57% above 2004. Navies accounted for 37% of total edible bean production in Minnesota, dark red kidneys, 27%; pintos, 13%; followed by light red kidneys, pink, black, small red, and others.

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U.S. production estimates by class

The first estimate of dry bean production by class was released by USDA in early December, and with improved yields and increased acreage, national output for all major classes increased from a year ago, with strong increases noted for pinto, navy, and Great Northern beans.

Among the top four dry bean classes, only black bean output declined as growers cut acreage with beginning stocks above those of a year earlier. Double-digit gains also characterized most other classes except large limas (up 1%), blackeyes (up 4%), and small whites (down 29%).

Output of pinto beans, which accounts for the largest share (48%) of U.S. dry bean production, rose 68% to 13.1 million cwt, rebuilding stocks depleted by last year's small crop.

Navy bean production increased 84% from a year

earlier, with North Dakota accounting for 34% of the crop and Michigan 33%. Despite this increase, during the first 6

years of this decade, navy bean production has averaged 41% below the average of the 1990s. This is a direct reflection of

both reduced export demand (down 36%) and domestic

Continued on Next Page

Table 1. U.S. dry beans: Production by class, 2001-2005

Item	2001	2002	2003	2004	2005	Change 2004-05 Percent
--1,000 cwt--						
Pinto	8,750	13,188	10,453	7,814	13,110	67.8
Navy	2,311	5,389	2,514	2,142	3,951	84.5
Great Northern	2,108	1,558	2,216	951	1,560	64.0
Black	783	3,120	1,263	1,870	1,797	-3.9
Lt. red kidney	776	1,207	1,095	806	1,144	41.9
Dk. red kidney	736	1,136	845	682	918	34.6
Garbanzo	1,612	861	417	593	1,098	85.2
Small red	172	592	581	601	903	50.2
Pink	326	596	612	521	662	27.1
Blackeye	553	543	785	384	400	4.2
Baby lima	235	501	325	267	368	37.8
Large lima	326	334	369	307	310	1.0
Cranberry	147	359	190	180	162	-10.0
Others	775	928	827	670	801	19.6
United States	19,610	30,312	22,492	17,788	27,184	52.8

Source: National Agricultural Statistics Service, USDA.

Table 2. Dry edible beans: U.S. production, by State, by class, 2005 p

Type	2005 Production											Annual		Change from
	CA	CO	ID	MI	MN	NE	NY	ND	WA	WY	Other 1/	2004	2005	2004 to 2005 Percent
--1,000 cwt--														
Navy			136	1,310	914	76		1,343		21	151	2,142	3,951	84.5
Great Northern			51	30		1,360		70	15	34	0	951	1,560	64.0
Pinto		1,665	658	280	327	1,950		6,584	249	656	741	7,814	13,110	67.8
Light red kidney	40	170	45	240	183	297	134		24		11	810	1,144	41.2
Dark red kidney	21		36	110	659		10	47	22		13	682	918	34.6
Large lima	310										0	297	310	4.4
Baby lima	368										0	257	368	43.2
Small white 2/			24						14		9	66	47	-28.8
Blackeye	191										209	394	400	1.5
Pink	3		280		128			163	80		8	520	662	27.3
Small red			193	540	29			63	78		0	601	903	50.2
Cranberry	13		9	140							0	180	162	-10.0
Chickpeas	219		329			8		114	233		195	593	1,098	85.2
Small sieve			36					36	26		24	76	122	60.5
Other	219		293			8		78	207		171	517	976	88.8
Black	7		50	1,130	124	55	128	254	37		12	1,870	1,797	-3.9
Others	109	145	51	130	66	62	10	26	40	48	67	622	754	21.2
Total	1,281	1,980	1,862	3,910	2,430	3,808	282	8,664	792	759	1,416	17,799	27,184	52.7

p = estimates as of 12/2005. 1/ Includes Kansas, Montana, New Mexico, South Dakota, Oregon, Texas, Utah, and Wisconsin. 2/ Includes flat small whites.

Source: National Agricultural Statistics Service, USDA.

disappearance (down 33%). Although navy exports have declined, they remain vital to the industry, with nearly one-fourth of annual supplies being

shipped to other countries.

Domestic dry bean use (and a portion of export demand) likely suffered partly as a result of

various fad diets (i.e. low-carb diets), which received strong international media attention, but have since waned.

Carryover stocks still relatively low

Carryover stocks of quality beans at the start of the marketing season on September 1 were reportedly light, being low or nearly exhausted for several classes. Now that the 2005 crop is a bit larger than earlier estimates, U.S. dry bean supplies are expected to be more than adequate to satisfy average domestic and international demand this season.

With the previous two dry bean crops being smaller than average, dry bean stocks were drawn down to relatively low levels to start the 2005/06 marketing year. As a result, prices over the past season reflected these reduced supplies, with the season average grower price for all dry beans averaging an estimated \$25.70 per cwt – the highest since 1989 and up 40% from the previous season and 50% above two seasons ago.

With low beginning stocks,

Table 3. U.S. dry beans: Monthly grower prices for selected classes, 2004-2005

Commodity	2004		2005		Chg. prev. year:	
	Nov.	Dec.	Nov.	Dec. 1/	Nov.	Dec.
	--- Cents per pound ---				-- Percent --	
All dry beans	25.80	26.70	18.90	--	-26.7	--
Pinto (ND/MN)	33.40	32.00	13.70	14.00	-59.0	-56.3
Navy (pea bean) (MI)	26.30	26.00	18.50	18.50	-29.7	-28.8
Great Northern (NE/WY)	17.50	17.50	15.60	16.00	-10.9	-8.6
Black (MI)	18.50	18.50	19.90	20.00	7.6	8.1
Light-red kidney (MI)	27.50	27.50	21.50	21.50	-21.8	-21.8
Dark-red kidney (MN/WI)	28.90	28.50	21.20	20.50	-26.6	-28.1
Small red (ID/WA)	22.50	22.50	19.90	19.50	-11.6	-13.3
Baby lima (CA)	39.00	39.00	34.50	34.75	-11.5	-10.9
Large lima (CA)	41.80	41.75	43.50	44.25	4.1	6.0
Blackeye (CA)	28.45	28.50	34.00	40.00	19.5	40.4
Pink (ID/WA)	22.95	22.50	19.90	19.50	-13.3	-13.3
Garbanzo (ID/WA)	29.90	29.50	--	--	--	--

-- = not available. 1/ Partial month estimate.

Source: Bean Market News, AMS, USDA except "all dry bean" price from NASS, USDA.

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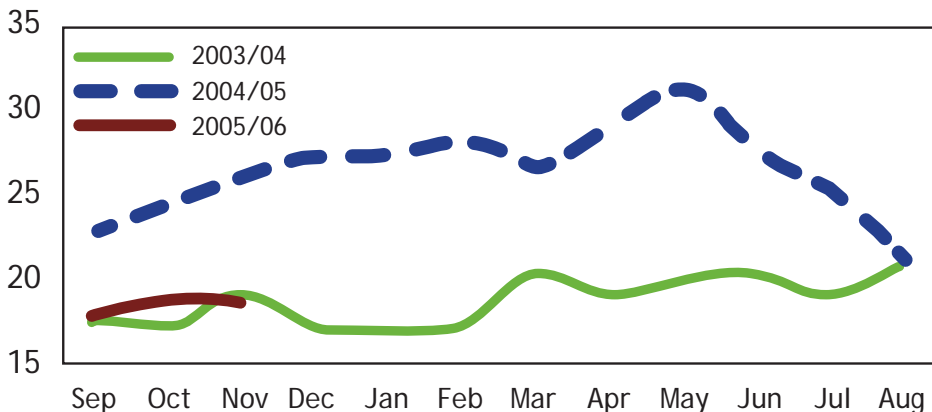
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available supply across all bean classes is still estimated to be the second lowest in the past 16 years, despite the higher production. Thus, prices for most bean classes will be lower than in 2004 but are not expected to collapse because the increase in 2005 production is likely to be about sufficient for use over the coming season, with carryover stocks again expected to be relatively low coming into the 2006/07 season. For 2005/06, the national season average grower price is projected to range from \$18 to \$20 per cwt.

Figure 1: U.S. dry edible beans: Average monthly grower price
Cents/pound



Source: National Agricultural Statistics Service. USDA

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NORTHARVEST BEAN GROWERS ASSOCIATION

2005 Annual Report





From the President



This past year has seen many accomplishments, laid the groundwork for future successes and identified areas we as Northharvest members need to be aware of.

The merger process to combine the efforts of the Bean Health Alliance, the American Dry Bean Board, and the U.S. Dry Bean Council is nearing completion. We are excited about the more efficient “one roof” philosophy and the opportunities this might present. We can be proud of the active role Northharvest Bean Growers

Association has taken in putting it all together.

Northharvest is in the process of partnering with a new promotion agency. Our efforts with this agency will focus on ways to promote into domestic as well as worldwide markets.

The upcoming 2007 farm bill could create many challenges even though edible beans is not a “program” crop per se. As a grower group we will need to stay abreast of upcoming changes and may need to tackle some issues head on.

When the last farm bill was formed the country was in a surplus; the picture has changed now with a deficit environment. Two things the Northharvest legislative committee will be watching for are the federally subsidized multi-crop insurance and the fruits and vegetables provision in the bill. If we don’t want the end result to sting, then we will need to get ourselves ready, communicate with lawmakers, and stick together with other grower groups.

I thank each of you for the opportunity to be able to serve on the Northharvest Bean Growers Association Board for the last 9 years, most recently as your President. This will be my last year. As I leave, I encourage each of you to get involved. There are so many exciting opportunities and possibilities for you. For me this has been a wonderful learning arena and the insight into the bean industry has been a life-rewarding experience.

Kevin Anderson
President

Mission Statement

The Northharvest Bean Growers Association is an association of growers representing growers through the check-off system.

We are North America’s largest supplier of quality dry beans.

We work together to better the industry through promotion, research, market development, education of consumers and monitoring of governmental policy.

Our future goals must be continued market exposure and careful monitoring of new ideas, consumer choices, and producer needs.

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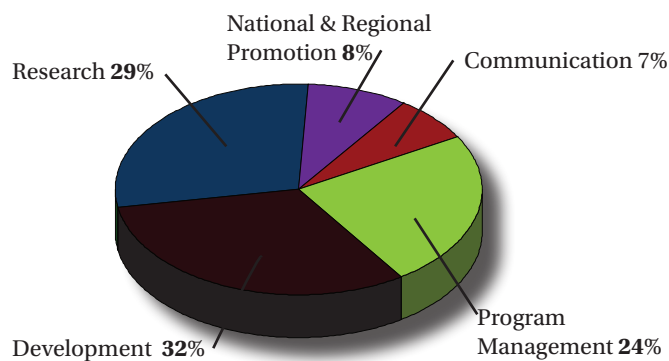
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2005-2006 Budget by Category



Annual Budget Appropriation by Category

EXPENSE	2004-05	2005-06
Program Management	\$ 174,905	\$ 186,275
National & Regional Promotion	101,300	67,300
Research	213,204	219,725
Development	150,373	243,487
Communication	53,320	51,320
TOTAL	\$ 693,102	\$ 768,107

INCOME	2004-05	2005-06
North Dakota Dry Bean Council	\$ 533,689	\$ 560,000
Minnesota Dry Bean Research & Promotion Council	159,413	140,000
Northarvest Bean Growers Assn.		68,000
TOTAL	\$ 693,102	\$ 768,000

How Your Bean Groups Work Together

Minnesota Dry Bean Research & Promotion Council
Administers the Minnesota Dry Bean Promotion Act

North Dakota Dry Bean Council
Administers the Dry Bean Industry Promotion Act of ND



US Dry Bean Council
Carries out foreign market development and promotion, and serves as government liaison

Northern Crops Institute
Promotes use of northern-grown crops

American Dry Bean Board
Coordinates domestic promotion programs and market and nutrition research

Market Development

The Northharvest Bean Growers Association is represented on the United States Dry Bean Council Board by delegates Mark Myrdal of Edinburg North Dakota, Mark Streed of Milan Minnesota, and alternate NHB President Kevin Anderson or Executive Director Tim Courneya.

The USDBC is a private trade association in the United States that represents growers and shippers of U.S. edible dry beans. The NDBC works closely with both the U.S. exporting and foreign importing trades to promote areas of mutual interest in the use, consumption and marketing of edible dry beans worldwide.

USDBC is a resource for information on U.S. exporters, overseas importers, U.S. dry bean classes, trade policy issues and the role of U.S.-grown beans in international food aid efforts. USDBC also publishes foreign language newsletters and other publications designed to help local importers, packagers and canners better understand and maintain contact with the U.S. dry bean exporting trade.

The United States Dry Bean Council has its headquarters in the State of Washington with

a liaison office in Washington, DC. In addition, the USDBC has overseas representatives around the world who facilitate activities and dialog between the U.S. and overseas trade.

Working through the USDBC, Northharvest had contact with countries around the globe maintaining existing markets, meeting with food aid ministers, exploring opportunities to develop new markets, monitoring trade policy and market trends, and discussing dry bean demand with importers, wholesalers, packagers, and retailers.

Over 60 food aid, trade mission, and trade show visits were made to countries in Africa, Asia, Europe, the Middle East, and the Americas.

In South Africa at The Africa's Big Seven annual trade show, NDBC's objective in exhibiting was to talk with as many legume-related professionals as possible to find out what beans are being produced, imported and sold in the South African market, and what opportunities there might be to develop demand for U.S. dry beans.

In the Philippines, representatives met with several food processors and

wholesalers. At one small canning company, "We discussed USDBC's interest in reviving the market for canned beans in the Philippines through promotions featuring U.S. beans and using the USDBC quality seal." The canner was interested to cooperate with USDBC in this effort when more details are known. USDBC requested that they provide us with more information about their local importers so they could contact the suppliers and work with them in helping to maintain supplies of U.S. beans year round.

In Guatemala during the January - June 2005 funding year, the USA Rice and Beans training team contacted 500 rural schools (about 200,000 students). In February alone, the USA Rice and Beans training team visited 42 schools. 16,355 students were served rice and beans - 2,113 mothers trained (mothers who volunteer to cook school meals) - 463 teachers trained - 390 pounds of beans served.

A representative met in Amman, Jordan with the Iraqi Deputy Minister of Trade and the Director General and Chairman of the Foodstuffs

Board of Trade. After a discussion of problems facing U.S. suppliers and possible solutions, it was reported, "US Great Northern beans have an excellent reputation in Iraq, which puts US suppliers at an advantage. This, coupled with the fact that the Foodstuffs Board of Trade now understands better the various problems of US suppliers (timing, logistics, communication) means that we may be looking at a much improved situation." Problems facing the Iraqis were also reported, "US suppliers should be aware that staff at the Iraqi Ministry of Trade are working under very difficult conditions. Office buildings are frequently evacuated due to bomb threats. Road blocks and police security checks impede access. Electricity cuts and absent personnel create work disruptions. Telephone communication is erratic. Families live under the constant threat of violence, and these stressful conditions are taking a toll."

In the United Kingdom, a preliminary visit paved the way for a successful trade mission. One of the USDBC mission goals to initiate US dry bean menu promotions that will impact on the market, in order to stimulate the supply chain and encourage the use of a wider range of dry bean classes. In turn, creating greater consumer awareness of the different varieties of dry beans that exist.

The Northharvest delegates to the USDBC represent Minnesota and North Dakota growers in these market development efforts. The Northharvest dry bean growers remain uniquely positioned to help producers and shippers supply the world with dry beans.



NCI, an international meeting and learning center, hosts trade teams, marketing and research groups, and visitors from around the world. In 2005, NCI's technical team conducted pilot-scale processing and product development work for seven companies that totaled more than 40 processing days and 16 analytical testing projects, including investigations using dry edible beans. Mehmet Tulbek, NCI's new crop quality specialist, will address technical aspects and promotion of dry beans, soybeans, lentils, dry peas, and other non-cereal crops. He begins his duties in January 2006.

U. S. Dry Bean Council Board Members:

- ADM Edible Bean Specialties
- Bush Brothers & Company
- California Bean Shippers Association
- California Dry Bean Advisory Board
- Colorado Dry Bean Admin Committee
- Idaho Bean Commission
- Michigan Bean Commission
- Michigan Bean Shippers Association
- Nebraska Dry Bean Commission
- New York State Bean Shippers Association
- North Central Bean Dealers Association
- Northarvest Bean Growers Association
- Rocky Mountain Bean Dealers
- Washington Bean Dealers Association
- Western Bean Dealers Association



United States Dry Bean Council

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360-233-0621

Email:

info@usdrybeans.com

Website:

www.usdrybeans.com

Research

Northarvest continues commitment to research. Between fiscal years 1999/2000 and 2004/2005 Northarvest dedicated 23.5 percent of the total budget or a total of over 1.72 million dollars, to research aimed at more productive dry bean yields.

The 2005/2006 budget allocates 28.6 percent of the total budget to research. The Northarvest Bean Growers Association approved \$219,725 for the following seven research projects.

Dry Bean Improvement for the Northern Plains

Dr. Ken Grafton, Department of Plant Scientists, NDSU (\$127,500)

The dry bean breeding program at NDSU is a long-term research effort to develop high yielding, high quality bean genotypes adapted to the northern Great Plains.

Increased greenhouse space, provided in part by Northarvest, allows the breeding and pathology group to perform additional evaluations of lines for disease resistance in the greenhouse and laboratory, and also allows lines to be increased in a disease-free environment. "The expansion has helped in disease testing and hybridization work tremendously."

The 2005/2006 allocation will be applied toward operating expenses for the breeding program, research associate, and the winter nursery program.

Field Evaluations of Dry Bean Populations for White Mold Resistance

Dr. Jack Rasmussen, Department of Plant Pathology, NDSU (\$10,500)

During the last few years, Rasmussen and Grafton have worked together with financial support from the Northarvest



Bean Growers Association to find potential new sources of resistance to white mold, to cross these sources to resistance with a susceptible cultivar adapted to this region, and to develop progeny of these crosses into recombinant inbred populations that would segregate for reaction to white mold.

Funds will be used for inoculation and disease evaluation, plot maintenance at a Carrington site, field chemicals, travel to and from the plots, and production of ascospore inoculum.

Evaluation of Dry Bean Cultivars for Resistance to Fusarium Root Rot Under Field and Controlled Conditions

Dr. Carl Bradley, Department of Plant Pathology, NDSU (\$11,901)

In the 2002 grower survey published by Bradley and Luecke in 2004, growers ranked root rot as being the number one and number three disease problem of dry bean in Minnesota and North Dakota respectively.

Funds will be applied toward student labor, expendable supplies, travel to off-site locations in Perham and Park Rapids, and purchases of expendable supplies including petri dishes, culture media, chemicals, glassware, pots, and potting mix.

Evaluating Nitrogen Fertilizer Rates on Kidney Bean Yields and Surveying Root and Foliar Diseases of Several Dry Bean Types in Minnesota and North Dakota

Dr. James Percich, Department of Plant Pathology, U of M (\$33,399)

Five dry bean peer reviewed root rot publications were published in 2004 in part as a result of grant support from the Northarvest Bean Growers. Upon the successful completion of the 2005 nitrogen research trials, dramatic changes concerning nitrogen fertilization will be recommended in the "Dry Bean Production Guide." An extension bulletin detailing Northarvest research efforts in

2004 and 2005 is scheduled for publication in 2006.

The 2005/2006 project budget includes field labor salary, general operating supplies, laboratory supplies, soil and plant analysis, travel, land leases, and publication costs.

Improving the Capacity of Beans for Nitrogen Fixation through Varietal Improvement and Modification of Inoculation Procedures

Dr. Peter Grahm, Department of Soil, Water and Climate, U of M (\$12,506)

The study would evaluate and select bean lines bred for improved nodulation and nitrogen fixation, but that have the agronomic characteristics of Northharvest bean lines; and would field test liquid inoculant formulations and Rhizobium strains permitting seed inoculation and contact with seed-applied fungicide.

The 2005/2006 funding will be applied toward technical support for the preparation and installation, sampling and final harvest of experiments, glasshouse; travel to Becker Sandplain and Staples; field plot

costs; glasshouse charges for seed multiplication; glassware and chemical supplies; seed protein analysis costs; determination of inoculant strain success.

High Selenium Pinto Beans as a Value-Added Product, Phase II

Dr. John Finley, Grand Forks Human Nutrition Research Center, USDA/ARS (\$19,869)

A conference hosted by the Grand Forks Human Nutrition Research Center highlighted the potential benefits to human health of enhancing the food supply with the essential trace element selenium. The Center, UND Department of Geography and Northharvest Bean Growers Association conducted a joint project in 2004 to determine the total content and variability of selenium in North Dakota-grown pinto beans.

The 2005/2006 project would continue GIS mapping and development, acquire and analyze 2005 harvest samples, submit a full report, and prepare scientific publication of project results. Funds will be applied toward graduate student labor, a laboratory supervisor, and

analyst to maintain and run hydride generator, and supplies for analyses.

Grower Survey of Pest Problems, Pesticide Use, and Varieties in 2005

Dr. Carl Bradley, Department of Plant Pathology, NDSU (\$4,000)

There have been several previous surveys beginning in 1987. The data on varieties has made it possible to trace the rising and waning of varieties. It also provides information on the value of the breeding program to the producer, information which is useful for legislative considerations.

The 2005/2006 project will provide information on: class and variety used by Northharvest growers, the major production problems, the major weed, insect and disease problems, pesticide use, and major pest problems. The survey mailed directly to growers will be their opportunity to tell NDSU and Northharvest about their problems and needs. Funding will cover data analysis, printing and publication, and mailing costs.

Research Committee

The Northharvest Research Committee plays a vital role in the research decision process. They screen all research proposals and requests for funding and then make recommendations to the full board. Current committee members are:

- Kevin Anderson
East Grand Forks, MN
- Mike Beelner
Menahga, MN
- Mike Beltz
Hillsboro, MN
- Mark Dombeck
Perham, MN
- Jon Ewy
Deer Creek, MN
- Gary Friskop
Wahpeton, ND
- Brian Love
Euclid, MN
- Mark Myrdal
Edinburg, ND
- Paul Schulz
Washburn, ND
- Jim Sletten
Northwood, ND
- Dan Webster
Penn, ND



Promotion

June 3, 2004

The Northharvest Bean Growers Association participated in the North Dakota Nutrition Council on June 3. The theme was "From Thought to ACTION: Making Nutrition Changes in the Community". Everyone was encouraged to "Harness the Power of Partnerships to Build Nutrition Policy in Our Communities".

June 7 - 8, 2004

Northharvest furnished large quantity recipes for a Breakfast Burrito and Veggie Soup for Dr Jane U. Edward's talk on "The Dakota Diet" at the North Dakota School Food Service Association's meeting.

Participants were given the chance to revise usual school food menus to include Dakota Diet products. Lynne Bigwood offered samples of the Breakfast Burrito at the food exhibit on the following day.

June 24, 2004

Minneapolis Mayor R.T. Rybak declared June 24 Magical Fruit Day in Minneapolis as Minnesota and North Dakota bean growers celebrated success of their national campaign, The Beaning of America Tour.

Surrounded by images of the campaign launched in Fargo, N.D. in November 2003, the growers handed out samples of beans and talked about how the campaign has helped elevate the much-maligned bean to its rightful place in the culinary order.

Minnesota Agriculture Commissioner Gene Hugoson also joined the growers and presented a certificate of recognition from Governor Tim Pawlenty praising the campaign for educating the public about the nutritional benefits of beans.

The Beaning of America campaign received national media



Rachel Aabye, Courtney Dixon and Connor Joseph stick their hands into containers of corn, soybeans and safflower seeds as they learn where different cooking oils come from Wednesday at the Red River Valley Fairgrounds. The fourth-grade students from Roosevelt Elementary School in Fargo topped at 15 different exhibits to learn about farm life.

Back to the basics

Living ag classroom lets students get taste of life on farm

By Erin Hemme Froelie
efroelie@forumcomm.com

Vanessa VonBank points to the dairy products in front of her as she asks a group of fourth-graders one tough question: Where does chocolate milk come from?

Among the flood of answers, a confident voice stands out: "From brown cows."

This week nearly 2,300 fourth-graders from the region will

attend a Living Ag Classroom at the Red River Valley Fairgrounds in West Fargo.

Sponsored by several agricultural organizations, the two-hour field trip is designed to teach students how food gets from the farm to their plates.

Despite living in a rural region, many students aren't familiar with farm life, said Karen Herts-gaard, coordinator of the program.

Some students can't even identify the basic farm animals - cows, sheep and hogs, she said.

Jeff Johnson's class from Lincoln Elementary in Fargo attended Wednesday morning's session.

Of the 17 students in his class, four have never been on a farm. Nobody lives on a farm, although many of the students have grandparents who do.

AG CLASS: Page A9

attention as it traveled across the country. The Gabriel de-Grood Bendt advertising agency reported that Northharvest's campaign proved so popular that it generated nearly \$100,000 in free publicity.

October 21, 2004

The Education Minnesota Conference was held at the St. Paul RiverCentre.

Northharvest introduces the new Magical Fruit booth graphics and distributed a van load (448) of Elementary Education teaching kits. A majority of the

recipients of the teaching kits were college students scheduled to begin student teaching. Home Economist, Lynne Bigwood says. "They are enthusiastic and grateful for any help Northharvest can furnish."

January 2005

Beans measure twice as nice in new food pyramid. When the USDA introduced a new food pyramid called "My Pyramid", it was great news for beans. They are the only food included in two separate food groups. As a meat equivalency (meats &

beans) and as a vegetable (vegetables), beans were shown to be an easy way for Americans to start taking small steps to a healthier diet and lifestyle.

The Food Guidance System is an interactive version of the old pyramid and is based on the 2005 U.S. Dietary Guidelines.

July 17-21, 2005

Northharvest exhibited at the Society of Nutrition Educators in Salt Lake City. The Northharvest Elementary Education Kit was introduced. The "Agriculture in the Elementary Classroom teaching kit" includes a Dry Bean Lessons and Activities Book; the video, "Dry Beans from the Heart of Northharvest Country;" an audio Cassette featuring "BeanBop;" a BeanBop poster; a Bean Bulletin Board Border; and The Bean Cookbook.

August 3, 2005

Northharvest exhibited at the Minnesota School Food Service Association's conference in St. Cloud. Nearly 900 food service staff registered for the conference.

School cooks who serve a scratch breakfast liked the Breakfast Burrito and agreed their students will eat a "Mexican" entree and it could help increase their vegetable servings. Other food service staff had been given a doctor's prescription to add beans to their personal diet to improve their health. At the Northharvest booth they found ways to help accomplish that goal.

March 24, 2005

The North Dakota Department of Agriculture organized an Ag Day celebration in the Great Hall at the State Capitol. Northharvest participated by helping sponsor a legislative lunch and setting up a booth.

The original Ag Department menu included beef, pork, salads, breads, and ice cream topped with honey and sun-flowers. Northarvest's Home Economist, Lynne Bigwood noticed the glaring omission of dry edible beans and quickly arranged to add Black Bean Brownies to complete the menu.

Council chairman Mike Beltz was on hand to lobby legislators. Board members Don Streifel and Alan Juliuson helped in the booth handing out samples of Rough Rider Chili and Black Bean Brownies.

The Beaning of America promotion prompted an interview with Al Gustin on Bismarck's KFYR radio.

Promotion Committee

Current members of the Northarvest Bean Growers Association Promotion Committee are:

- Kevin Anderson
East Grand Forks, MN
- Mike Beelner
Menahga, MN
- Mike Beltz
Hillsboro, ND
- Mark Dombeck
Perham, MN
- Jon Ewy
Deer Creek, MN
- Marty Hettervig
Buxton, ND
- Alan Juliuson
Hope, ND
- Gary Paur
Gilby, ND
- Jim Sletten
Northwood, ND
- Mark Streed
Milan, MN
- Julie Vculek
Crete, ND
- Dan Webster
Penn, ND
- Mark Welling
Montevideo, MN

These committee members create and direct promotion activities.



2004 sees debut of new nutrition resource

Northarvest Bean Growers Association has a new nutrition resource for nutrition educators. Jane Edwards, NDSU Extension nutrition and health specialist and a licensed registered dietitian wrote "Beans: Agriculture to Health," a power point presentation for county extension staff to use.

Northarvest did a peer review of the materials as they were developed and contributed resources and pictures.

Lynne Bigwood, Northarvest's Home Economist, shared that lesson form with other educators at the spring meetings of the North Dakota Nutrition Council and the North Dakota Dietetic Association.

The Bean Cookbook expanded to meet demands

Northarvest expanded "The Bean Cookbook" by 44 pages. It now includes new recipes from Lynne Bigwood's cooking column and illustrated crockpot cooking instructions. North Dakota WIC provided the nutrition analysis and set up the pages for printing.

Showing beans to the little sprouts

At the 2005 KYFR Ag Expo in Bismarck, Home Economist, Lynne Bigwood helped teach young students about dry bean production in the "Living Ag Classroom." By playing the "Bean Crazy" board game, children saw how beans are grown, processed and used in food products. They also learned how their decisions, weather and markets affect their success (earnings) as bean farmers.

The Northarvest Bean Growers Association was one of 13 groups presenting lessons about agriculture production in North Dakota. About 1,000 fourth grade students from 53 different classrooms around the region attended.

American Dry Bean Board

Northarvest continues to be involved with The American Dry Bean Board. ADBB is an organization of bean producers, canners, processors, packagers and others in the bean industry. The group is united with a common goal - spreading the good news about beans through the Bean Education & Awareness Network (B.E.A.N.). For more information about the ADBB visit www.americanbean.org.

ADBB news stories:

- | | |
|-------------------|---|
| June 28, 2004 | Dry beans are smart fuel for low-carb dieters |
| August 18, 2004 | Beans, blueberries stand tall as top antioxidants |
| November 9, 2004 | Colorado State University to study beans as a cancer fighter |
| January 12, 2005 | New U.S. dietary guidelines for Americans call for increased bean consumption |
| January 31, 2005 | Beans may reduce the risk of heart disease, certain cancers |
| February 16, 2005 | Americans fall behind the rest of the world in bean consumption |
| April 5, 2005 | Substitute beans for beef as healthy alternative when cooking |

“Diets Including Beans May Reduce Your Risk of Heart Disease and Certain Cancers”

What food is high in protein, virtually fat free and has more fiber than many whole grain foods? It's beans ... and now a new U.S. dietary guidance message says that “diets including beans may reduce your risk of heart disease and certain cancers.”

Dietary guidance messages are part of an effort by the FDA's Consumer Health Information for Better Nutrition Initiative (CHIBNI) to encourage good nutrition among consumers in multiple ways, including promoting and enhancing dietary guidance messages on food labels. Dietary guidance messages are an opportunity to communicate with consumers and remind them about important health and nutrition information.

The new dietary guidance message about beans comes on the heels of the

2005 USDA Dietary Guidelines for Americans, which recommend Americans eat more than three times the amount they currently consume - three cups per week.

Beans, such as Kidney, Pinto, Navy and Black, are naturally low in total fat, contain no saturated fat or cholesterol, and provide important nutrients such as fiber, protein, calcium, iron, folic acid and potassium. Their health benefits are consistent with many existing FDA-approved health claims, specifically those related to heart disease and cancer. In addition to health benefits related to heart disease and cancer, studies also suggest eating beans as part of a healthy diet may help to manage diabetes and help cut the risk of high blood pressure and stroke.



About the American Dry Bean Board

The American Dry Bean Board (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 Membership

The ADBB is successful because of the commitment and support of its members, which include bean growers, processors and canners. Members of the ADBB are part of an influential and involved group at the forefront of the bean industry, and help develop programs that shape people's perceptions about beans and ultimately increase bean consumption.

Northarvest Bean Growers Association Delegates to ADBB:

Mark Dombeck, Perham MN
Marty Hettervig, Buxton ND
Alan Juliuson, Hope ND

Voting Members

Four Votes - Nebraska Dry Bean Commission
Three Votes - Michigan Bean Commission
Two Votes - Northarvest Bean Growers Association
One Vote - Bush Brothers and California Dry Bean Advisory Board

Non-Voting Associate Members

Allen Canning
Amadas Industries
Blue Runner Foods
California Bean Shippers Association
Central Bean Company
Chippewa Valley Bean
Colorado Dry Bean Administrative Committee
Costar/Star of the West
Dompe Warehouse
Faribault Foods
Goya Foods, Inc
H.J. Heinz Company
Idaho Bean Commission
Jack's Bean Company
Kelley Bean Company
L.A. Hearne Co.
Lawgix International
Michigan Bean Shippers Association
Morgan Foods, Inc.
N.K. Hurst Co.
New York State Bean Shippers Association
Northern Bag and Box Company
Preator Bean Company
Rocky Mountain Bean Dealers Association
Trinidad/Benham Corp.
Western Trading Company

American Dry Bean Board

Philip H. Kimball, Executive Director
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Ph: 703-556-9304 • Fax: 703-556-9301
info@americanbean.org • www.americanbean.org



Communications

Five magazine issues, a research report and a user-friendly, current website make up the core of Northarvest's communication program.

Northarvest provides breaking news on the bean industry, markets, trade and other topics on its website, www.northarvestbean.org. The site also is a gateway for consumers. It contains information about the nutritional benefits of beans and how to cook with beans. The site lists dozens of recipes for main dishes, salads and desserts containing dry beans. Many of the recipes were generated from previous Northarvest promotions and contests.

The annual research report updates members on the progress of the research projects funded by Northarvest.

The five editions of the Northarvest Bean Grower provide members with news about price and market trends, industry happenings, production practices and many other topics.



Communications Committee

The Northarvest Communications Committee directs the projects that keep growers informed about the organization's activities, dry bean markets, and industry news. Current committee members are:

- John Dunnigan, Walhalla, ND
- Brian Love, Euclid, MN
- Mark Myrdal, Edinburg, ND
- Gary Paur, Gilby, ND
- Mark Streed, Milan, MN
- Julie Vculek, Crete, ND
- Mark Welling, Montevideo, MN



Additional Priorities

In addition to their work on the Research, Promotion, and Communication committees and representing Minnesota and North Dakota growers on the U.S. Dry Bean and American Dry Bean Boards, Northarvest board members serve on the following committees:

Federal Crop Insurance

- John Dunnigan, Walhalla, ND
- Steve Freese, Raymond, MN
- Marty Hettervig, Buxton, ND
- Brian Love, Euclid, MN
- Paul Schulz, Washburn, ND
- Jim Sletten, Northwood, ND
- Don Streifel, Washburn, ND
- Mark Welling, Montevideo, MN

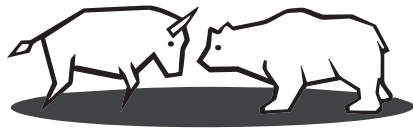
Food Aid

- Mike Beltz, Hillsboro, ND
- Steve Freese, Raymond, MN
- Gary Friskop, Wahpeton, ND
- Paul Schulz, Washburn, ND
- Don Streifel, Washburn, ND
- Julie Vculek, Crete, ND

Legislative

- Kevin Anderson, East Grand Forks, MN
- Mike Beltz, Hillsboro, ND
- Mark Dombeck, Perham, MN
- Mark Myrdal, Edinburg, ND
- Paul Schulz, Washburn, ND
- Don Streifel, Washburn, ND
- Dan Webster, Penn, ND

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Michigan Crop Improvement
Association

phone: 517/332-3546

website: www.michcrop.com



Get Smart...Eat More Dry Beans

Try Exotic Feijoada

by **Lynne Bigwood,**
Northarvest Home
Economist

Brazilian Feijoada: (fajwada) pork including feet and ears, beef tongue, bacon, sausage over seasoned black beans, rice; hubbard squash, and oranges. Feijoada – comes from the Portuguese word feijão for “beans.”

Feijoada has been listed in Northarvest’s teaching unit under bean dishes from around the world but I had never made it. I went on the Internet to research “feijoada” and found both stories about its origin and recipes.

It is a traditional Portuguese, Brazilian dish. In Portugal red or white beans are used. In Brazil black beans are used and it is referred to as the “national dish.” Both use a variety of pork products. Traditional Brazilians use every part of the pig including the ears, tail and snout, which they say, “will upset gringos” if they see them floating in the feijoada. Sounds reasonable to me!

It is a rich, heavy dish that is usually eaten at noon and, ideally, a nap follows. Everyone seems to agree that the “real”

dish takes at least a morning or even better, all day to make and eating it should be an occasion for celebration, preferably weekly. Brazilians serve this dish with a lime cocktail, white rice, toasted cassava flour (farofa) sprinkled over the top, sautéed greens, orange slices and light beer.

Some of the references had the same thought that I did. They found similarities between feijoada and the French cassoulet. Both vary from region to region and bake a combination of meats for a long time to achieve wonderful flavor.

The versions that I used, from Diet for a Small Planet by F.M. Lappe, are both vegetarian recipes. If you want a full meat version of feijoada, there are many on the Internet. I tried both vegetarian versions; one from the first edition of the book and a later, more complicated one that F.M. Lappe says, “a Brazilian friend embellished for this edition.” The orange gives the seasoned black beans a wonderful flavor. The seasoning for the beans might vary according to your family’s taste. Consider substituting squash for the sweet potato

and include other vegetables you prefer. Leave out the green pepper and tomato since they are not mentioned in any of the full meat recipes. The current information did not mention using hubbard squash. When I first researched this dish in cookbooks and talked to former Peace Corps volunteers, several

years ago, squash was included in the meal description.

I like the second recipe because it has a fuller flavor. Choose the one that fits your taste and time constraints. And serve it with pork sausage or chops if you are not a vegetarian. ■

Simple Feijoada

Ingredients (8-1/2 cup servings):

1 large onion	2 cloves garlic
1 cup dry black beans	3 cups stock
1 bay leaf	black pepper
2 stalks chopped celery	1 chopped tomato
1 whole orange	

Method:

Chop onion and mince garlic. Saute in a medium-sized, heavy pot. Add black beans and stock, bay leaf, black pepper and celery. Simmer, covered, several hours until beans are tender. Or pressure cook 2 - 4 minutes. Let pressure drop of its own accord. This will take approximately 20 minutes. Wash and cut orange with peel into small pieces or chop in processor. Add orange and tomato to beans and simmer 1 or 2 hours. Or pressure cook again, 10 minutes. Let pressure drop of its own accord. For a thicker stew, remove ½ cup of beans and mash. Return to pot, stir and serve hot with brown rice, sautéed greens and bacon, top with orange slices.

Vegetarian Feijoada

Ingredients (12-1/2 cup servings):

1 cup dry black beans	3 cups stock
1 bay leaf	black pepper
1 tablespoon oil	1 large onion
2 cloves garlic	2 green onions
1 green pepper, cleaned	2 stalks celery
1 carrot	½ sweet potato, peeled
1 whole orange	1 teaspoon cilantro or
½ cup wine	½ teaspoon cumin
	½ cup fresh or canned tomato

Method:

Combine black beans, stock, bay leaf and black pepper in a large, heavy pot. Simmer 1 to 2 hours, until beans are tender. Or pressure cook 2 - 4 minutes. Let pressure drop of its own accord. Heat a large skillet, add oil. Chop vegetables in a processor or with a knife and cutting board. Add vegetables as they are cut up. Stir and cook until soft. Add sautéed vegetables, to the bean pot. Wash and cut orange with peel into small pieces, or chop in processor. Add orange, cumin, tomato and wine. Simmer 1 - 3 hours. Or use a pressure cooker to shorten the cooking time. Combine the cooked beans, vegetables, orange, cumin, tomato and wine. Pressure cook for 10 minutes. Remove from heat and let the pressure drop of its own accord, about 20 minutes. Serve hot with brown rice and greens. Top with orange slices.



Six Northarvest Bean Priorities for 2006

1) The new Farm Bill – The 2002 Farm Bill – officially, the Farm Security and Rural Investment Act of 2002 – was signed into law on May 13, 2002 and extends through 2007. Politics, the federal budget, and the ongoing World Trade Organization negotiations will all play a part on when a new farm bill is written, and what's in it. Debate on the new farm bill is already underway, however, and will only gain steam, especially in this, an election year.

What the U.S. dry bean industry wants to see in a new farm bill – and what it doesn't want – will be a top issue on the Northarvest Bean Growers Association agenda in 2006.

One subject up for debate

– a carryover of the 2002 Farm Bill from the 1995 "Freedom to Farm Act" – is the planting flexibility provision which permits any commodity to be grown on contract acreage, except fruits and vegetables, including dry edible beans and potatoes. Some exceptions are made for fruits and vegetables, with an acre-for-acre loss of payment.

Paul Burgener, University of Nebraska ag economics research analyst with the Panhandle Research and Extension Center, wrote a background on this provision after the 2002 Farm Bill was completed; it can be found online at <http://agecon.unl.edu/pub/cornhusker/09-18-02.pdf>.

A key premise behind the provision as it applies to dry edible beans is to provide a means of acreage and production stability to help prevent extreme supply/demand market disruptions. But has this provision worked as intended? Does proving production history help or hinder dry edible bean growers? Has the effect of the provision, if any, been the same in other production areas of the U.S., such as Michigan and the High Plains? Will the provision continue to be allowable under WTO? These are questions that need to be addressed, says Northarvest Bean executive vice president Tim Courneya, perhaps in a policy study.

Other farm bill issues as

they apply to dry edible beans also need to be considered, including export programs and crop insurance. Growers and other members of the industry with comments and ideas on what they'd like to see in a new farm bill, as it pertains to dry beans, are encouraged to contact Courneya or members of the Northarvest board (see listing on table of contents, page 3).

2) New plant breeder, pathologist – With the ascension of Ken Grafton to director of the North Dakota Agricultural Experiment Station and dean of the North Dakota State University College of Agriculture, Food Systems and Natural Resources, the Northarvest bean growing

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area has been without a plant breeder. That should change in 2006. A search is on for a new breeder, and the position is expected to be filled early in the year. As well, a search is on for a new plant pathologist at NDSU to focus on dry beans and other pulse crops. Having a new plant breeder and pathologist in place will go a long way in advancing the Northarvest bean research agenda.

3) National organization consolidation – Northarvest Bean has been at the forefront of an effort to consolidate Bean Health Alliance, the American Dry Bean Board, and the U.S. Dry Bean Council into one national organization. Northarvest Bean believes that one go-to national organization would give the U.S. dry bean industry a unified approach to addressing dry bean issues and achieving industry objectives.

A merger plan will be formally voted upon by

boards of the BHA, ADBB, and USDBC early this year. If approved, a transition period of several months would follow to ensure the continuity of national program and budget commitments, and to allow new managerial and organizational structures to take shape.

4) Exports/food aid

– During the first five years of the 2000s, 19% of the U.S. dry bean supply was exported annually, according to USDA-ERS. Leading export varieties in 2003/04 were pinto (30% of dry bean export value), navy (17%), black beans (14%), and Great Northern (8%). U.S. dry bean exports consist of commercial exports and U.S. food aid (direct donations and concessional programs, such as the PL 480 program). It's a Northarvest goal to increase the amount of dry beans included in U.S. food aid programs. There's good reason, given the tremendous nutritional value of the

commodity.

5) Domestic promotion

– Last January, the sixth edition of the Dietary Guidelines for Americans was released, providing science-based advice to promote health and reduce risk of chronic diseases through nutrition and physical activity. The Guidelines recognize beans as a necessary part of a healthy diet and encourage people to eat at least three cups of beans per week. The Guidelines classify beans as a vegetable and as a non-meat protein source because they contain nutrients found in both of the respective food groups.

Beans and legumes are spotlighted as a fiber-rich carbohydrate source: dietary fiber has numerous proven health benefits, such as reducing the risk of heart disease and some cancers, promoting regularity and helping with weight maintenance. Further, U.S.

dietary guidance suggestions state that diets including beans may reduce your risk of heart disease and certain cancers.

Thus, there's a great story to tell about dry beans, and the NBGA wants to see a stronger emphasis on getting that story to consumers, in part by educating health and nutrition opinion leaders and influencers.

6) Communication with growers, industry members

– The NBGA's key means of communicating the association's efforts include Bean Day, publication of the Northarvest Bean Grower magazine, and our web site, www.northarvestbean.org. Effective communication is a two-way process, so we encourage input and involvement from dry bean growers and members of the industry as Northarvest Bean works toward achieving priorities 1 through 5 as well as addressing other issues.

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BeanBriefs

Dry Beans High in NDSU Crop Budgets for '06

Dry edible beans are projected amongst the crops expected to offer the best return to labor in management in 2006, according to North Dakota State University Extension crop budget estimates for 2006, which can be found online at www.ext.nodak.edu/extpubs/ecguides.htm.

The budget projections for regions throughout North Dakota are not absolute; obviously crop costs and profit vary by farm, and are greatly influenced by yield. However, the budgets are useful for baseline comparisons and crop planning. Last year's budgets also indicated that dry edible beans were among the few crops that offered the best profit potential. Obviously, however, commodity prices and yields are extremely difficult to predict from one year to the next, so it's important to evaluate crop insurance and consider the financial downside risk, as well as the upside potential of each crop within your rotation.

Building Hispanic appeal

Understanding the Hispanic market can pay dividends, including the food business. Buying power of the nation's 41 million Hispanics is already at parity with African Americans' and, by the end of the decade, is expected to surpass it.

A seminar was held recently in Louisville, Ken., to help businesses gain insights into what engages Hispanic consumers. One lesson is that the Hispanic market is diverse. For example, generally, Central Americans don't eat hot chilies, guacamole is not eaten in the Caribbean, and while Cubans enjoy black beans, Puerto Ricans prefer pinto beans, said Glenn Rodriguez,

a speaker at the seminar. "The most important principle is talk to your customer," said Mike Robinson, another speaker.

At the same time, broader patterns do exist. For example, years of research have found that Hispanics have much greater brand loyalty than other consumers. They also tend to be less impulsive buyers, not only closely inspecting the contents in a box but also sometimes taking more time before deciding whether to make a significant purchase. Hispanics return fewer items, don't often call a store to ask questions and make only limited use of credit, Rodriguez said. Hispanic families also tend to cook at home and eat out less, and gravitate toward familiar products that remind them of home and heritage.

The seminar pointed out that targeting the Hispanic market requires a plan and a strategy, and targeted marketing such as radio and print advertising in Spanish-language media as well as marketing efforts such as staffing a store event to attract Hispanic consumers. (Louisville Courier-Journal)

Prison Inmates Gotta Eat Too

Like it or not, the U.S. prison population of over 2 million needs to be fed, and it represents a segment of the food market, including beans.

During winter, some inmates will actually turn themselves in, notes Hempstead County Ark. Jail supervisor Louise Phillips. "A lot of them (inmates) get better food in here than they do on the streets," she says. "We are required by law to feed them properly." Phillips notes too that a proper diet can have a positive effect on inmate behavior – prisoners who are adequately fed are less likely to cause problems.

A normal breakfast at the

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Hempstead County Jail might include biscuits with gravy, sausage, fruit and oatmeal. A typical lunch might include enchiladas and pinto beans. For supper, the inmates might be fed chicken and dumplings, cornbread, English peas and cake.

Pediatrician: Beans Key Source of Dietary Fiber

Constipation is no laughing matter for some parents; in fact it's a common problem for infants and children and a common cause of visits to a pediatrician, according to Dr. Vincent Iannelli, associate professor of Pediatrics at the University of Texas Southwestern Medical School and creator of keepkidshealthy.com, a web site for medical and parenting advice.

While there are some medical causes of constipation, Iannelli says most children who are constipated are normal, and preventing and treating constipation can often be achieved with dietary modifications.

This includes decreasing foods that are constipating, such as cow's milk, bananas, yogurt, cheese, cooked carrots and other foods low in fiber, and including foods that are high in fiber. Fruits and vegetables, especially if they are raw and unpeeled, are good choices. Iannelli points out that vegetables that are particularly

high in fiber include beans, especially baked, kidney, navy, pinto and lima beans, sweet potatoes, peas, turnip greens and raw tomatoes. Other foods that are good for children with constipation include vegetable soups (lots of fiber and added fluid), and popcorn. Extra bran can also be helpful, including bran cereals, bran muffins, shredded wheat, graham crackers, and whole wheat bread.

It can be helpful to learn to read nutrition labels to choose foods that are high in fiber, says Iannelli. The usual recommendation is that children should have 5-6 grams of fiber plus their age in years each day. So a 4 year old should have 9-10 grams of fiber each day.

Canadian Dry Bean Outlook

For 2005-06, production and supply increased, due to a 23% rise in seeded area and lower abandonment. Production increased for white pea, pinto, black, dark and light red kidney, and cranberry beans, but remained stable for Great Northern, small red and pink beans. U.S. production increased by 52% to 1.18 Mt, while supply increased by only 26% to 1.32 Mt due to lower carry-in stocks. Canadian exports are forecast to increase due to higher supply. Carry-out stocks are expected to increase, but remain low. The average price, over all classes and

grades, is forecast to decrease due to the higher U.S. and Canadian supply.

Source: *Canadian Pulse and Special Crops Outlook Report*, December 9, 2005.

2002 vs 2005: Dry Bean Market Similarities?

by George Flaskerud, Crops Economist
NDSU Extension Service

The 2005 navy and pinto bean crops were much larger than a year ago and the largest since 2002, according to a USDA report released Dec. 9. As a result, prices for both crops are sharply below year ago levels. In

early December, the North Dakota price was \$18 per hundredweight (cwt) for navies (down 25%) and \$14 per cwt for pinto beans (down 50%).

Navy bean production totaled 3.95 million cwt versus 5.39 million in 2002. Pinto bean production totaled 13.11 million cwt versus 13.19 million in 2002. For both crops, 2005 production was up appreciably from the past two years, especially from last year. The situation was similar for 2002 production relative to 2001 and 2000.

Given the similarities between 2002 and 2005 production, especially for pinto beans, an examination of 2002 marketing year prices

may be worthwhile. The prices analyzed are monthly averages for North Dakota. The marketing year for navy and pinto beans begins in September.

Navy bean prices in 2002 averaged \$23 per cwt during February and then declined to \$12.40 by December. The price went on to establish a marketing year low in February 2003 of \$9.52. By September, the price had recovered to \$17.

The navy bean crop was quite a bit larger in 2002 (36%) than in 2005, so it is not so likely that the navy price will deteriorate from the \$18 December price and could improve by spring, depending in large part on exports. At least the navy bean price has a better chance of improving than the pinto bean price.

Pinto bean prices in 2002 peaked at \$30.70 per cwt during April and then declined to \$13.90 by December. The price made a marketing year low in March 2003 of \$12.30. By September, the price had recovered to \$14.90. In 2005, the price peaked in February at a similar price of \$30.30 and the December prices were nearly identical.

For pinto beans, the two years are close enough in production and price that further price weakness into 2006 cannot be ruled out. Furthermore, price recovery is likely to be much more anemic for pinto beans than for navies. Keep in mind that exports, acres and yields ultimately will determine what happens to prices in 2006.

Navy bean planted acres totaled 233,400 in 2005, up 26% from 2004 and up 48% from 2003. Pinto bean planted acres totaled 817,800 in 2005, also up 26% from 2004 and up 23% from 2003.

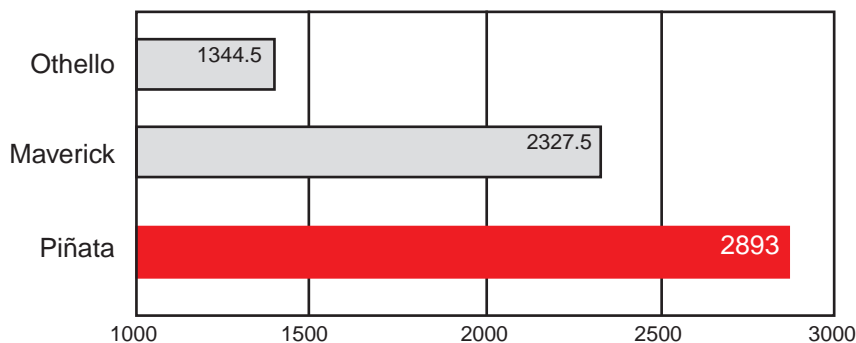
Very good yields were recorded for both crops in 2005. The navy bean yield was 1,784 pounds per acre versus 1,318 in 2004 and 1,666 in 2003. The pinto bean yield was 1,719 in 2005 versus 1,362 in 2004 and 1,635 in 2003.

From the USDA-ERS Briefing Room

The United States is the sixth-leading producer of dry edible beans, behind Brazil, India, China, Burma, and Mexico. During 2001-03, dry bean farm cash receipts averaged \$446 million—ninth among U.S. vegetables. Averaging 6.8 pounds per person during 2001-03, annual per capita use of dry beans was 11 percent lower than 1991-93 but 1 percent above 1981-83. North Dakota and Michigan account for nearly half of U.S. production. This information is from the USDA Economic Research Service 'Bean Briefing Room' online at www.ers.usda.gov/Briefing/DryBeans (we suggest bookmarking it). The USDA-ERS Dry Bean Briefing Room includes analysis of supply, use, price, policy, and international trade.

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*Adjusted for moisture; t=tolerant, mt=moderately tolerant, s=susceptible, ms=moderately susceptible. Piñata is under Plant Variety Protection.



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The Bean Fitness Plan

Dry bean growers tout health benefits and search for nonfood uses

By E. M. Morrison

Americans should eat up to three cups of beans a week.

That's according to the 2005 USDA Dietary Guidelines for Americans, which recommends that adults triple the amount of beans they now consume. And a new FDA-approved dietary guidance message says that "diets including beans may reduce your risk of heart disease and certain cancers."

Bean growers hope to make the most of this good news about one of nature's healthiest foods. "It provides a unique opportunity to really get the message out about dry beans," says Tim Courneya, executive director of Northarvest Bean Growers Association, which represents 3,000 farmers in Minnesota and North Dakota. "Nutrition speaks nationwide."

Northarvest is leading a national effort to craft a marketing campaign that promotes the health benefits of eating beans. "We want a unified message" that will allow the entire bean industry to speak with one voice, Courneya says.

Beans for better health

Navy, kidney, pinto, black and other dry beans are high in protein, contain no saturated fat or cholesterol, and pack more fiber than many whole grain foods, according to the American Dry Bean Board. They also provide important nutrients, such as calcium, iron, potassium, selenium, magnesium and folic acid. "In many parts of the world, beans are an important dietary

staple," says Stacey Zawel, executive director of the Beans for Health Alliance, which promotes beans worldwide, "but Americans are not eating enough."

More beans on the table

By spreading the word about beans' contribution to good health, growers aim to lift consumption, Courneya says. After peaking in the 1940s at 11 pounds per person, annual U.S. bean use fell steadily until the mid-1970s, bottoming out at about four pounds per person. In the late 1970s, consumption began to rise, but has now plateaued at just under eight pounds per person.



American farmers grow nearly a dozen types of dry beans. About 80 percent of the crop is sold for domestic use.



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Minnesota, one of the top five dry bean states, produces about 115 million pounds of dry beans a year, worth more than \$40 million in farm cash receipts.

Virtually the entire bean crop is processed into food products, such as canned and dry-packaged beans and soups, chili, baked beans and Mexican dishes.

AURI's food scientist, Charan Wadhawan, has helped many Minnesota entrepreneurs develop and test new bean products, such as bean dips, burritos, chili, tamales and specialty bean flours.

Exploring new uses

Taking a cue from the corn and soybean industries, growers are looking for nonfood bean uses, as well. "The corn and soybean people have really paved the way," Courneya says, "by creating a model of what can be done as far as industrial uses for crops."

In January 2005, Northarvest Bean Growers commissioned North Dakota State University

to review scientific literature on the composition and alternative uses of dry beans. Growers expect this review to spark research on industrial applications for dry bean extracts at the USDA National Center for Agriculture Utilization Research in Peoria, Ill. Potential new-use opportunities could include:

- Insect and fungi control
- Black plastic
- Starch-digestion inhibitors
- Oxidation inhibitors
- Pharmaceuticals

AURI is also working on nonfood uses, including burning damaged beans for energy.

Dry beans are a small agricultural sector, accounting for just 1.5 million acres nationally, compared to more than 73 million acres each for corn and soybeans. That makes it hard for dry bean growers to compete for value-added research money, Courneya says. Still, he adds, "We've started the search. And we may find a component in beans that could be used in a new way."

Kelley Bean Co. Acquires KBC Trading & Processing Operating Assets

Kelley Bean Co., headquartered in Scottsbluff, Nebraska recently announced the acquisition of the current dry bean operating assets of KBC Trading and Processing. Specifically, the purchase includes plants in Othello, Washington; Brush, Colorado; Perham, Minnesota and four plants in North Dakota located in Cavalier, Mayville, Oakes and Hatton. The Omaha trading office is not included as part of the purchase. No changes in the operations or personnel are anticipated.

The acquisition will give Kelley Bean Co. the strength and diversity of origination in nearly all major dry bean growing regions in the USA. As a result of this acquisition,

Kelley Bean Co. will bring 78 years of family ownership values and management style of these facilities in order to provide growers with the best quality seed, additional receiving and processing facilities and new marketing opportunities. It will also provide their end-users and customers in the package, canning, food service and export market segments with continuous quality, greater selection and value, and diversification of regional growing risk.

Bryce Kelley and the current KBC trading office will be involved with the transition to ensure the best of class services to all their customers in the food chain.

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Cuba Agrees to Buy Record \$20 million in N.D. Commodities

The Cuban government strengthened its commercial ties to North Dakota, recently agreeing to buy a record \$20 million worth of N.D. ag commodities within the next 18 months, including peas, pinto beans, lentils and hard red spring wheat. An announcement was made in Cuba last November at the 23rd Havana International Trade Fair, in which a delegation of N.D. food and ag companies participated.

It was three years ago when the U.S. eased trade restrictions to Cuba, allowing food and ag commodity sales. Shortly after the sanctions eased, a delegation of N.D. trade officials traveled to Cuba to begin opening trade doors.

The delegation included Tim Courneya, executive vice president of the Northharvest Bean Growers Association. North Dakota's sales to Cuba have totaled about \$21.2 million since 2002, according to N.D. Agriculture Commissioner Roger Johnson. Donna Thronson, a trade official with the N.D. Department of Ag, notes that Cuba seems to be interested in pintos, blacks, and navies for dry bean types, and like other importers, is price conscious.

Courneya noted in the 2002 trade mission that Cuba tended to buy edible beans from China, taking a month or longer to ship, typically in larger volume shipments requiring ample storage. The U.S., however,



Dry edible beans were among the commodities exhibited by the N.D. ag delegation at the 23rd Havana International Trade Fair in Cuba last November.

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has an advantage of being able to ship edibles to Cuba in about a week, requiring less concern about storage and quality deterioration. "We possibly could grow this market into a number one or number two trading partner," said Courneya, in a press conference during the 2002 trade mission. Cuba's most recent purchase commitment is certainly a positive sign.

N.D. Agriculture Commissioner Roger Johnson and Pedro Alvarez, Cuba's top agriculture official, signing a joint trade communiqué in Cuba last November.



Breakthrough in Iraqi Bean Market

Less red tape now means a better chance of U.S. dry bean exports to Iraq. Nebraska Sen. Ben Nelson says Iraq was once the largest market for dry edible beans grown in Nebraska. But after the ousting of Saddam Hussein in 2003, Iraq's new government created a complicated system of bean packaging and payment requirements, making it difficult for U.S. bean producers to comply. But it seems there's been a breakthrough, with the Iraqi government in November issuing a tender seeking bids from American processors to purchase 2000 tons of white beans.

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The Bean Scene



Lynne Bigwood exhibited for Northarvest Bean Growers Association at four conferences this fall. The National Extension Association of Family and Consumer Sciences met in Philadelphia September 27 and 28. Extension FCS staff use Northarvest's materials extensively with their community education programs. They were delighted to receive the cookbook, posters and CD-ROM with a power point "bean lesson" already prepared for their use.

Minnesota WIC met in

Minneapolis the day after the NEAFCS meeting in Philadelphia. Several of the local groups keep The Bean Cookbook in stock to distribute to their clients. Lynne Bigwood distributed Northarvest's new posters, CD-ROM and a sample of the revised cookbook to the attendees. She also left 25 packets of Northarvest's materials with a University of Minnesota Extension staff member to share with other nutrition educators in the Twin Cities.

North Dakota Education

Association met in Grand Forks October 19 and 20 for their 2005 Instructional Conference. Lynne Bigwood distributed Elementary Education kits to student teachers and posters to many teachers of all levels. The "Live to Be An Old Fart" poster continues to be the most popular.

The Beans for Health Alliance coordinated exhibiting at the American Dietetic Association Food and Nutrition Conference & Expo October 22 - 25 in St. Louis, Missouri. "Bean Alley" had six booths, which included

Northarvest, Bush Brothers, Idaho Bean Commission, Michigan Bean Commission, Trinidad-Benham from Colorado and Beans for Health Alliance. Northarvest shipped 2000 cookbooks, Beans: Agriculture to Health CD-ROMs and literature order forms along with the booth and samples of all our materials. Faye Courneya and Lynne Bigwood exhibited for three days and were overwhelmed by the response. They not only handed out all 2000 copies but also, had orders for another 360.



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Ray Penner - Manager
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Email: walbean@mts.net

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Email: wbcm@gfiwireless.com

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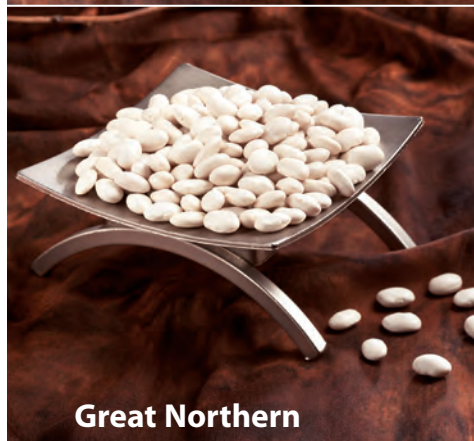
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Light Red Kidney



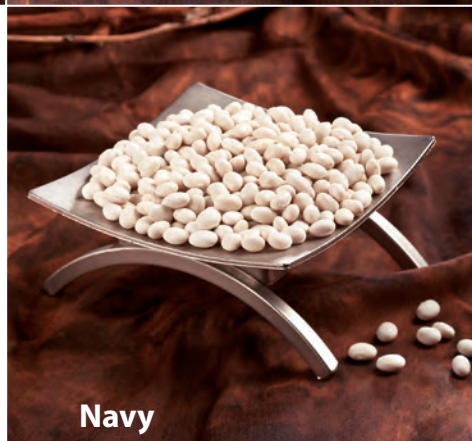
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Brazilian Feijoada: (fayjwada) pork including feet and ears, beef tongue, bacon, sausage over seasoned black beans, rice; hubbard squash, and oranges. Feijoada – comes from the Portuguese word feijão for “beans.” For the recipe, see page 31. For more recipes, see the Northarvest Bean Growers Association Web site, www.northarvestbean.org or the American Dry Bean Board Web site, www.americanbean.org.