

## The Shire's Bean Seeds – 2020

Greetings bean lovers of the world! The Shire is now Supplies are extremely limited and only available at our farmers markets or by special request. We will have additional varieties next year, as we expand planting and storage of our 50+ varieties. All seed packets are \$3.00 and contain 30 seeds.

*Thanks and happy planting!*



### **Succotash**

A rare, ancient bean from the Narragansett Indian tribe of Rhode Island. This uniquely shaped, dime-sized bean closely resembles a kernel of corn. This variety was used for succotash -- the iconic indigenous northeastern dish of corn and beans that historians believe was served at the first Thanksgiving. This bean is ideal for the north, particularly on the coast. It is used to make Succotash, or "broken corn kernels" is a culinary dish consisting primarily of sweet corn with lima beans or other shell beans. Other ingredients may be added including corned beef, potatoes, turnips, salt pork, tomatoes, multi-colored sweet peppers, and okra. Combining a grain with a legume provides a dish that is high in all essential amino acids. Because of the relatively inexpensive and more readily available ingredients, the dish was popular during the Great Depression in the United States.



### **CALIMA BEAN**

*Our favorite green bean.* Bush. 50-55 days. French filet type pods of dark green color, slim straight shape, and superior flavor! Pods are held conveniently at the top of the stocky bushes; pick them when no thicker than a pencil. Fine for fresh use, canning, and freezing.



### **Royal Burgundy**

Bush. 50-55 days. Has purple pods that are easily found among the backdrop of green foliage. It grows better than other varieties in cool weather and is unlikely to be challenged by bean beetle. A good container variety. Disease resistant.



### **BLAUHILDE**

Pole. 65 days. Spectacular climbing type makes enormous purple pods! Pods stay tender and stringless, even at 10 inches long! Plants are gorgeous in the garden as well, as the rose-purple of the blooms contrast nicely with the rich, deep purple of the developing pods.

Vigorous, productive vines reach a moderate 9 feet tall. The richly flavored pods are best appreciated when used fresh off the vines. This heirloom from Germany is resistant to mosaic virus, too.



### **Fort Portal Jade**

Pole. Amazing jewel-toned green beauties! Dried beans are a glassy blue-green color — stunning and unlike anything we have seen before! Plants are extremely productive; they flourished both in the greenhouse and outdoors. The color will not fully develop until the beans are completely dried. Collected by Joseph Simcox in a market

in Fort Portal, Uganda.



### **Chinese Green Long**

Great Saute bean out there. Beans are tender, flavorful and highly nutritious -- high in vitamin B, C, and protein. The plants love the intense heat of summer, producing profusions of pods as the temperatures creep into the high 90s.



### **Capitano**

Beautiful pale yellow pods. Flat pods avg. 5 1/2–6" and have a good, rich flavor. Plants are large and semi-upright. Pairs nicely with *Dulcina*. White seeds. Pick when smaller to avoid string and the dried bean is smooth as silk when cooked (great for Italian bean soups).



### **BORLOTTO DI VIGEVANO NANO**

Bush. 60 days. These beautiful beans are a sensation at the farmers market and with locavore chefs. Grown primarily for the stunning pink and white seeds, which make superior shell beans, they can be used as a snap bean as well. Straight, round pods are splashed in red.



### **ILLINOIS YELLOW WAX**

Sweet and tender, and can be used in any recipe that calls for green beans. Try them steamed with a pat of butter and sprinkle of salt or pickled in a "bread and butter" brine for a sunny pickled bean to last all year. Lightly grilled with a bit of bacon grease drizzled on them is our pick.



### **Hokkaido Black**

This black soybean is traditionally grown in northern Japan. Plants are prolific with a bushy habit and the beans are tastier and easier to digest than yellow soybeans. Hokkaido Black is considered more flavorful than other black soybeans and makes an incredible tinted tofu! These delicious little beans make an excellent edamame snack.

They are also brewed into a delicious tea that is considered a healthful weight loss tonic in Japan.



### **Appaloosa**

Related to pinto and red kidney beans. It is about 1/2 inch long, with unique half-ivory, half-speckled purple or mocha markings that fade, but remain distinct when cooked. Mild flavor and firm texture. A visually pleasing substitution for kidney and pinto beans



### **Hog Brains Cow Pea**

These blocky-shaped cowpeas are two-toned with cream and deep brown-red coloring along with some mottling. This variety is not unknown in the south but the origin of its colorful name is somewhat of a mystery. We use them in soups, or grind them into a flour with our mill for use in breads.