










## Matt-Cyn Farms 2016 Bean Descriptions



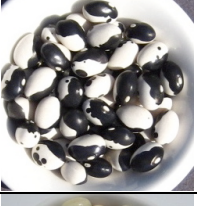

	<p><b><u>Amethyst</u></b> Beautiful oval-shaped bean with a stand-out deep purple color. They have a nice creamy texture and a unique full-bodied flavor. Popular in soups and salads, but these will stand on their own flavor-wise with little seasoning. We like using these for purple beans and rice.</p>
	<p><b><u>Anna's Black-Eyed Pea</u></b> In the Southern U.S., eating black-eyed peas on New Year's Day is thought to bring prosperity in the new year. This strain was given to us by our friend Anna. "Hoppin' John," made of black-eyed peas, rice and pork, is a traditional Southern dish. "Texas caviar," another traditional dish, is made from black-eyed peas marinated in vinaigrette-style dressing and chopped garlic, and served cold. Black-eyed peas are sometimes called cowpeas, goat peas, purple-eyed peas, frijoles or cream peas. They make a great addition to stews, soups, curries and salads. They can also be a perfect side dish, or they can be mashed into a dip.</p>
	<p><b><u>Black Coco</u></b> This fat round black bean has a thin skin, relatively firm but buttery consistency, and a lot of flavor. These beans were brought from Latin America to France in 1928 and became a staple during WWII. They work quite well as a side dish with simple seasonings.</p>
	<p><b><u>Black Kabouli Garbanzo</u></b> Named for Kabul Afghanistan where this chickpea has been cultivated for thousands of years. This unique black garbanzo has a flavor similar to the beige-colored ones you are used to but has a more creamy texture. It makes a wonderful dark humus (especially when paired with dark-red roasted peppers) and is excellent for use in stews, Middle Eastern cooking, or Indian dishes.</p>
	<p><b><u>Black Trout</u></b> A relative of Jacob's Cattle, but with black instead of maroon markings. Gorgeous white and black speckles. Would work well for baked beans, soups and chilis.</p>
	<p><b><u>Black Valentine</u></b> This is an old heirloom, kidney-type bean with a glossy black appearance and elongated shape. Of the myriad variety of black beans, Valentine must be the best. It has a meaty texture with rich, nutty flavor that makes the most delicious black bean soup ever! Also recommended for burritos, or mix with Coco Rubico beans for an awesome chili.</p>
	<p><b><u>Blue Jay</u></b> New for us in 2016, Blue Jay is a dark blue bean with beige swirls. It's a very rare heirloom variety rescued from extinction in Canada fairly recently. It has a French ancestor, the Comtesse de Chambord green bean, which is considered a gourmet filet green bean. Blue Jay cooked up for us in just under an hour, plumped up to three times the dried size, with thin skins, a firmish meaty texture, and an ever-so-slightly citrusy flavor. This would be a fun bean for chilis or soups—or a great gift for the bird lover in your life!</p>
	<p><b><u>Bronze Anasazi</u></b> Anasazi beans get their name from the people who grew them thousands of years ago. They are most commonly used in Latin, Mexican and Southwest cuisine. This bronze color strain is unique to Matt-Cyn Farms. Try them in refried beans, chilis and hearty stews with rich spices.</p>

	<p><b><u>Butterscotch Calypso</u></b></p> <p>An heirloom also known as the Steuben Yellow Eye or Molasses Face bean. They date back to 1860s New England and are used for “Boston Baked Beans.” Sometimes used to make “Hoppin’ John” in the South. This bean holds its shape when cooked, yet has a very smooth texture; its flavor is similar to a baby red potato. A perfect bean for salads and baked dishes.</p>
	<p><b><u>Cannellini</u></b></p> <p>Also known as White Kidney, Haricots Blancs or Fazolia. They were originally cultivated in South America, but they are usually associated with (and extremely popular in) central Italy, Greece and France. Their creamy smooth, but firm, texture and mild, nutty flavor makes them extremely versatile. Essential for many classic French and Italian dishes and are the main ingredient in minestrone soups and many cassoulet recipes. They need to be cooked slowly to keep their shape.</p>
	<p><b><u>Christmas Lima</u></b></p> <p>A large, flat, maroon-and-white bean with unique swirls and speckles. Especially delicious and buttery when eaten as a fresh lima, but maintains an excellent rich flavor and quality as a dried bean. This variety dates back to the 1840s. It has a buttery texture and a subtle chestnut-like flavor.</p>
	<p><b><u>Coco Rubico</u></b></p> <p>One of the first beans we grew at Matt-Cyn Farms that has grown into a perennial favorite. It’s an Italian Borlotti type bean from Tuscany that has a naturally sweet taste. In Italy, Borlotti beans are used in pasta dishes and soups. A member of the Cranberry bean family, add them to rice dishes, stews, casseroles, and cold bean and vegetable salads. For a quick and flavorful salad, toss the beans with olive oil and some fresh-chopped rosemary.</p>
	<p><b><u>Colorado Pueblo</u></b></p> <p>A newly developed bean from Colorado with parentage from the Anasazi and Pinto beans, which helps make it a more successful bean to grow in the Willamette Valley. They have a sweet taste and cook faster than many other beans. Widely used in traditional Southwestern recipes. An excellent soup bean that’s also great for making refried beans, chili, enchiladas or posole.</p>
	<p><b><u>Garbanzo (or Bombay Chickpea)</u></b></p> <p>“Bombay” chickpeas are a nice large type of garbanzo. These make an absolutely lovely classic hummus. Also try using them for homemade falafel, seasoned with Indian spices, garbanzo salad, chickpea stew, spiced dry roasted or even grind some into chickpea flour.</p>
	<p><b><u>Good Mother Stallard</u></b></p> <p>This traditional family heirloom has been enjoyed for generations. Dense and delicious, these beans expand to large meaty marbles when cooked; they retain their beautiful markings and exude the most perfect pot liquor. A great dry bean with a wonderful rich, meaty flavor. Great for hearty soups.</p>
	<p><b><u>Hutterite Soup</u></b></p> <p>When the Hutterites came to North America from Moravia, they brought seeds they knew how to grow and that they knew would sustain them. One of those was what is now known as the heirloom Hutterite Soup bean. This dried bean staple makes the most amazing soup as it is naturally thick and creamy when cooked; it has a texture like a tiny potato.</p>
	<p><b><u>Jacob's Gold</u></b></p> <p>These large kidney-shaped beans are a cross between Jacob's Cattle and Paint. The bean’s flavor is fruity, rich and nutty; its consistency is dense and meaty. They hold up well when cooked for long periods of time and will soak up flavors and retain their shape after cooking. They are wonderful in soups, stews, and baked bean dishes. A highly popular bean in the Northeast U.S. and Canada.</p>

	<p><b><u>Magenta</u></b> A bright magenta red bean that's very smooth and creamy. It keeps its color nicely when cooked. Makes wonderful red beans and rice or any other Southwestern menu delight. This particular strain of red bean is unique to Matt-Cyn Farms.</p>
	<p><b><u>Marrow Fat</u></b> Marrow Fat is a large, round white bean with a creamy, meaty texture and a hint of bacon flavoring! Sometimes known as White Egg bean. Try this bean in your favorite soup recipe or use as a bigger, better Navy bean in any recipe that calls for that variety.</p>
	<p><b><u>Mocha</u></b> This bean is from the same parent as Mocha mix, but we've known grown it out for five generations towards the development of an all-uniform chocolate-colored bean. This bean will make a fine replacement for pinto or any other Southwest bean.</p>
	<p><b><u>Mocha Mix</u></b> A strain of pinto/Southwest lineage that we isolated on Matt-Cyn Farms and have saved seed to grow each year. It's a delightful mix of colors and shapes to use for refried beans, bean burritos, enchiladas, chili and soups.</p>
	<p><b><u>Nicolas Kidney</u></b> Red kidney beans are commonly used in chili con carne and are an integral part of the cuisine in the northern regions of India, where the beans are known as rajma and are used in a dish of the same name. Red kidney beans are used in New Orleans and much of southern Louisiana for the classic Monday Creole dish of red beans and rice. In the Netherlands and Indonesia, kidney beans are usually served in a soup called brenebon.</p>
	<p><b><u>Mother's Marbles</u></b> This is a beautiful, marbled red-violet child of Good Mother Stallard that we've been trying to stabilize for several years. Every year, she throws an amazing mix of varied, colorful large round beans that have the smooth, dense meatiness of the Good Mother. This has become Matt's favorite bean for a variety of applications because of the hearty texture and flavor.</p>
	<p><b><u>Ojo De Cabra (Goat's Eye)</u></b> This large, pole-variety bean from north-central Chihuahua has an awesome flavor all on its own. We just season lightly with garlic, onions and olive oil. The sweet flavor and smooth texture makes this a wonderful choice for stews and soups as well.</p>
	<p><b><u>Pale Mother Stallard</u></b> This bean is a cross between two of our most popular beans, Good Mother Stallard and Snowcap. The Pale Mother is a large, dense, creamy bean that makes a good soup, stew or baked bean.</p>
	<p><b><u>Pawnee Shell</u></b> These beautiful brown spotted beans are reminiscent of a brown trout. They hold their shape and keep their distinctive color when cooked; their texture is firm. The Pawnee bean's flavor is strongly nutty with a hint of butter and makes a uniquely flavored bean salad, lightly seasoned bean dish, or fall soup.</p>



	<p><b>Pinto</b> Popular as a refried bean in Mexican cooking, and for use in chilis, tacos, burritos and enchiladas. These dried beans are beige with brown streaks. They turn a uniform brown when cooked, but keep that great classic pinto taste. Pintos are in the kidney bean family and are an excellent replacement (or partner) for kidney beans in chili.</p>
	<p><b>Raven Black Turtle Bean</b> A classic, versatile, essential black turtle bean. It holds its shape through lots of cooking, yet retains its famous creamy interior. The bean broth can be used as a base for all kinds of soups. Try this bean with rice or in salads, chili, refried beans, dips, soups, black bean and sweet potato stew, pot beans, black bean tacos and Brazilian feijoida.</p>
	<p><b>Red Hot Mama</b> The Red Hot Mama is another child of the frisky Good Mother Stallard. These beautiful Hot Mamas have become a favorite for our baked beans!</p>
	<p><b>Red Trout</b> Close relative of Jacob's Cattle bean with crisp brick red and white markings. An heirloom bean grown in New England since the colonial days. Believed to be originally from Germany. Wonderful sweet bean for soups and baked beans.</p>
	<p><b>Rio Zape</b> Among our most beautiful beans with a vibrant purple color streaked by black lines; uniquely light in your hand. Also known as Hopi Purple. Cooks to a lovely purple. Great for chili and other Southwest dishes, such as enchiladas. A very difficult bean to grow in the Willamette Valley, as they are better adapted to the arid American Southwest, but well worth it as they have a stand out flavor that can be enjoyed plain.</p>
	<p><b>Snowcap</b> These extra large Cranberry type beans have beautiful markings of tan and burgundy with a cream-colored snow crest that retains color after cooking. These beans make a perfect substitute for white kidney or cannellini beans. Similar flavor to a baked potato. Considered by many to be the creamiest and best flavored of all beans. Great in creamy soups and chowders. Use wherever you would use a Cannellini white bean.</p>
	<p><b>Tarbais</b> This large white bean is named for the Tarbais region in France where it is prized for cassoulet. Cassoulet is a stew made with beans and multiple meats, usually pork sausage and duck that makes a hearty one-dish meal. Tarbais has a thin skin and a melt-in-your mouth texture and yet they hold up well in dishes like cassoulet that cook for many hours. They are also well suited for salads, soups, or any dish that calls for white beans.</p>
	<p><b>Tarcabra</b> A cross between Tarbais and Ojo de Cabra that created a blend of brown, gray, white and speckled beans. Some of the speckled markings do remain after cooking. Incredibly smooth, buttery texture; unique to Matt-Cyn Farms.</p>
	<p><b>Vermont Cranberry</b> Mottled cranberry-red and ivory markings. Excellent, nutty flavor and commonly used in stews and soups. Firm texture stands up well to longer cooking times. Popular for Italian, Spanish and Portuguese dishes.</p>

	<p><b>Whipple</b></p> <p>Although its exact history is lost to time, this old family heirloom is named after a pioneering family who settled here in Oregon's Willamette Valley in the mid-19th century and who raised this bean. Outside the local area, it has remained relatively unknown. It has a very rich flavor. The beans are large and purplish-red with little white spots. A nice meaty bean that will work well in soups, salads or side dishes.</p>
	<p><b>Yellow Indian Woman</b></p> <p>The Native Americans in Montana grew this gold-colored bean and it has been passed down through generations of families for us to enjoy today. A distant cousin to the Pinto family with a very flavorful taste. Well-suited for most Western-style recipes. This is a bean that was served to the Lewis and Clark team on their famous voyage west. Incredibly creamy, yet firm texture.</p>
	<p><b>Yin Yang</b></p> <p>A true boutique bean with beautiful, dramatic black-and-white color patterns; also called Orca bean or Black Calypso. Developed by growers in Europe. Smoothly textured with a mild vegetable-like flavor that pairs especially well with corn. Blends wonderfully in salads and with its cousins, Red Calypso and Butterscotch Calypso. Adds a visual flare to almost any recipe. Excellent in baked dishes, soups and stuffings, or in a tasty cassoulet.</p>
	<p><b>Zolfino</b></p> <p>Zolfino beans are small, round and light yellow in color, with a lighter eye. Despite their thin skin, they tolerate long cooking times (three to four hours or more) without falling apart. When cooked, they are dense and creamy, melting in the mouth like butter. They can be eaten boiled, dressed with some olive oil and laid on roasted Tuscan bread, or as a simple side dish to your favorite meal!</p>

*The description of varieties and their characteristics are as accurate as possible based on our experience growing and eating them.*

### Nutritional Information

The U.S. Department of Agriculture's dietary guidelines praise beans as a healthful food packed with nutrients: "Beans and peas are excellent sources of protein. They also provide other nutrients, such as iron and zinc ... They are excellent sources of dietary fiber and nutrients such as potassium and folate, which also are found in other vegetables. Because of their high nutrient content, beans and peas may be considered both as a vegetable and as a protein food."

Most beans contain only 2-3% fat. Beans are the perfect food for a fat-restricted diet. Beans contain no cholesterol, and they can help lower your cholesterol level because they are one of the richest sources of fiber! Most beans contain at least 20% protein and are high in carbohydrates, which provides long-lasting energy. In addition, beans provide essential B Vitamins and iron. Adding beans to your daily meals ensures total nutrition. With the wide selection of beans we offer, you should be able to find the right flavor for you.

Beans have been used throughout the world for thousands of years. They come in hundreds of shapes sizes and colors, are versatile and amazingly convenient because they can be dried and stored for years. Soaking beans for a couple of hours brings them back to life, activating enzymes, proteins, minerals and vitamins. Beans can be eaten raw, sprouted or cooked, ground into flour, curdled into tofu, or even fermented in Soya sauce, tempi and miso.

### Soaking Beans

Fresh dried beans do not require soaking prior to cooking. However, soaking does serve two purposes if you have the time. First, if your beans are older, rehydrating the beans by soaking evens out the cooking time so that all your beans will be done at the same time. Second, soaking improves the nutrition of your beans by neutralizing mineral-absorption-blocking phytic acid in beans, and releasing gas-causing enzymes and tri-saccharides into the soaking water. Cover the beans with a few inches of water and soak for 3 to 4 hours, then rinse and put into fresh water for cooking. At least one reputable source claims that over-soaking beans could result in the beans not softening during cooking so don't soak them for too long.

### Cooking Beans

Rinse beans in running water. Place in pot with enough water to cover beans by about 2 inches. Bring water and beans to a boil, and then reduce heat to a low continuous simmering boil, keeping the pot uncovered. If you boil beans too hard, the skins will crack and you will get mushy beans; a slow, low boil keeps the skins intact. Do not add any acids to your beans while cooking; this includes lemon juice, tomatoes (or anything tomato-based), vinegar, or even low pH acidic water! Acidity keeps the beans from cooking properly. Salt beans and bean dishes at the end of cooking; salt can also prevent beans from cooking properly. Keep an eye on the water level during cooking; if needed, add more hot water to the pot.