





# Matt-Cyn Farms 2019 Bean Descriptions

	<p><b><u>Anna's Black-Eyed Pea</u></b>          Black-eyed peas are sometimes called cowpeas, goat peas, purple-eyed peas, frijoles or cream peas; this strain was given to us by our friend Anna. In the southern U.S., eating black-eyed peas on New Year's Day is thought to bring prosperity in the new year. "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. They make a great addition to stews, soups, curries and salads and can also 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 Valentine</u></b>          This is an old heirloom, kidney-type bean with a glossy black color 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 best black bean soup ever! Also recommended for burritos, or mix with Coco Rubico beans for an awesome chili.</p>
	<p><b><u>Blue Marrow</u></b>          Several years back a single plant from our Marrow Fat bean row produced a bean with the most unusual deep blue color. Matt-Cyn Farms is working at stabilizing this new blue bean which, in it's current form makes a colorful substitute for Marrow Fat with a combination of large round blue, brown, and white beans.</p>
	<p><b><u>Bronze Anasazi</u></b>          Anasazi beans get their name from the people who grew them thousands of years ago in the American Southwest. 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>          An heirloom also known as the Steuben Yellow Eye or Molasses Face bean. They date back to 1860's in New England and are used for "Boston Baked Beans". Preferred for "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>          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. Although larger than the haricot bean, 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 cassoulettes. They need to be cooked slowly to keep their shape.</p>

	<p><b><u>Christmas Lima</u></b>  A large, flat, maroon and white bean with swirls &amp; speckles. Especially delicious fresh with a buttery taste, but maintains an excellent rich flavor and quality when canned, frozen or dried. This bean dates back to the 1840's. It has a butter-like texture and a subtle chestnut-like flavor especially great in a good Succotash recipe.</p>
	<p><b><u>Colorado Pueblo</u></b>  A newly developed bean from Colorado with parentage from the Anasazi and Pinto beans helps to make it a more successfully grown bean in the Willamette Valley. They have a sweet taste and cook faster than other beans. Widely used in traditional and southwestern recipes. An excellent soup bean but great too for making refried beans, chili, or posole.</p>
	<p><b><u>Garbanzo (or Bombay Chickpea)</u></b>  "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>  A traditional family heirloom that 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 all your favorite bean recipes.</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>  The Marrow bean is a large, round, white bean with a creamy/meaty texture, having a hint of bacon flavoring; the name says it all. Sometimes known as White Egg bean, this is the quintessential bean for ham and bean soup, or other thick, winter, comfort soups.</p>
	<p><b><u>Mocha Mix</u></b>  A pinto/southwest lineage strain 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, chili beans and soups.</p>
	<p><b><u>Mojave Playa</u></b>  New for 2018. This beautifully colored mix is a cross between Amethyst and Pinto unique to Matt-Cyn Farms; with blues, purples, creams, and speckles you won't want to cook them until they are your last bag of beans. A nice creamy textured bean; try these for a simple, lightly seasoned pot of beans.</p>
	<p><b><u>Mother's Marbles</u></b>  This large round bean is a cross between Good Mother Stallard and Ojo de Cabra developed at Matt-Cyn Farms; it has the most beautiful color combinations including swirly blacks, creams, reds, and purples. Their dense meaty texture and flavor make them a favorite for stews, soups, baked beans, and pot beans.</p>

	<p><b><u>Ojo De Cabra (Goat's Eye)</u></b>  This large, round bean from north-central Chihuahua has an awesome flavor all on its own just season lightly with salt, garlic, onions, and olive oil. Sweet with a smooth texture that works well in hearty soups and stews.</p>
	<p><b><u>Peruano / Mayacoba</u></b>  Peruano beans are originally from South America and are commonly used in Mexican cooking and are even more popular than the pinto bean in some parts of Mexico. They have a mild flavor and cook to a nice creamy texture, awesome for refried beans and burritos.</p>
	<p><b><u>Raven</u></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><u>Red Hot Mamma</u></b>  The Red Hot Mama is another child of the frisky Good Mother Stallard bred at Matt-Cyn Farms. These dark red, round beans are the Matt-Cyn Farms answer to the famous True Red Cranberry bean and have become an absolute favorite for our baked beans recipe!</p>
	<p><b><u>Rio Zape</u></b>  Among our most beautiful beans with 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 Southwestern dishes. 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><u>Snowcap</u></b>  These large flat-oval 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. Tasting Notes: 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.</p>
	<p><b><u>Tarbais</u></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 cassoulets that cook for many hours. They are also well suited for salads, soups, or any dish that calls for white beans.</p>
	<p><b><u>Tarcabra</u></b>  This amazing bean is a cross between Tarbais and Ojo de Cabra that was developed at Matt-Cyn Farms. It has the size and shape of the Tarbais bean, but a color combination that will truly mesmerize you. Flavor and texture are similar to Tarbais and can be used in similar dishes.</p>



	<p><b><u>Vermont Cranberry</u></b> Mottled cranberry-red and ivory markings. Excellent, nutty flavor and commonly used in stews, soups and baked beans. Firm texture stands up well for longer-cooking recipes. Popular for Italian, Spanish and Portuguese dishes.</p>
	<p><b><u>Whipple</u></b> Although its exact history is lost to time, this old family heirloom is named after a pioneering family who settled 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><u>Yellow Indian Woman</u></b> 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 heirloom bean was served to the Lewis and Clark team on their famous voyage west.</p>
	<p><b><u>Zolfino</u></b> Zolfino beans are small, round and light yellow in color, with a lighter eye. Despite their thin skin, they tolerate long cooking times (three, four hours or more). When cooked, they are dense and creamy, melting in the mouth like butter. They can be eaten boiled, dressed with some extra virgin olive oil and laid on roasted Tuscan bread, or as a simple side dish to your favorite meal!</p>

On average 1 cup of dry beans will yield about 2.25 cups cooked beans.

The description of varieties and their characteristics are as accurate as our experience in growing and eating them have shown us.

### **Nutritional Information**

The new U.S. Department of Agriculture dietary guideline using the Eating Right Pyramid suggests, that the foods lowest in fats, oils and sugars (fruits, vegetables, dry beans and grains) should make up the largest portion of our daily meals.

The benefits of using beans on a daily basis have recently been promoted because studies show beans help to reduce cholesterol while providing excellent nutrition. When combined with nuts, seeds or grains, they form a complete high-fiber vegetable protein.

Most beans contain only 2-3% fat. Beans are the perfect food for a fat-restricted diet. You may never have to count calories again.

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 insures total nutrition; with the wide selection of beans you should be able to find the right flavor for you.

Beans have been used throughout the earth 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, fermented into Soya sauce, tempi and miso. They are excellent in chilies, soups and salads.

**Soaking beans:** Very fresh beans do not require soaking before cooking, however, there are several advantages to soaking. First, 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 at least 8 hours or overnight, then rinse and put into fresh water for cooking.