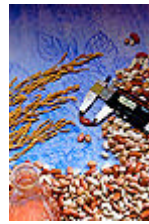


MONTCALM BEAN VARIETIES



BLACK

Medium black-skinned ovals; earthy, sweet flavor with a hint of mushrooms.

Cooking Time: 1-1/2 hours

Comments: Also called turtle bean, Mexican black and Spanish black bean.

Uses: Most often used in thick soups or with rice; basic for many Mexican, Caribbean and Latin American soups and side dishes.

CRANBERRY

Medium ovals; creamy background with burgundy highlights.

Cooking Time: 1-1/2 to 2 hours

Uses: Most often used in Italian bean dishes and soups.

DARK RED KIDNEY

Large, kidney-shaped bean; deep reddish-brown (this variety is only available precooked in cans). Robust, full-bodied flavor and soft texture.

Cooking Time: Only available precooked in cans.

Comments: Also called Mexican Bean.

Uses: Most often used in chili; popular in salads and with rice.

LIGHT RED KIDNEY

Large, kidney-shaped bean. Robust, full-bodied flavor and soft texture.

Cooking Time: 1-1/2 to 2 hours

NAVY

Small white ovals; mild flavor with powdery texture.

Cooking Time: 1-1/2 to 2 hours.

Comments: Also known as pea beans.

Uses: Most often used in pork and beans or baked beans; used in soups and stews; great pureed.

PINTO

Medium ovals; mottled beige and brown color; earthy flavor and powdery texture.

Cooking Time: 1-1/2 to 2 hours.

Comments: Closely related to red kidney beans; when cooked, lose mottling and turn brown.

Uses: Most often used in refried beans; great for Tex-Mex and Mexican bean dishes.

YELLOW EYE

Medium size oval seed with a patch of yellow pigment around the eye (hilum) and across one end of the bean.

Comments: Only very small acreage is grown in Michigan.

