

HARVEST OF THE MONTH: LIMA BEANS



NUTRITION FUN FACTS:

- Lima beans are a good source of fiber, along with micronutrients like manganese, copper, and magnesium.
- Lima beans may help support weight loss, stabilize blood sugar levels, and promote heart health.

Fun snack ideas!

HOW TO EAT

LIMA BEANS:

- Roast lima beans in the oven with olive oil, salt, lime juice and cayenne.
- Toss lima beans with olive oil, salt, garlic and onion powder and cook with air fryer.
- Blend with tahini, lemon juice, salt, garlic powder, ground cumin and parsley to make lima bean hummus.

Pick the yummiest!

THINGS TO LOOK FOR:

- Lima beans are ready for harvest when the pods are dry and brittle and the seeds inside are hard.
- Store lima beans in a cool, dark, and dry place.
- If properly stored, lima beans have a minimum shelf life of one year. After 2-3 years, they will start losing their nutritional value.

BEST TIME TO EAT:

JULY - AUGUST



RECIPE: CREAMY SOUTHERN LIMA BEANS

MAKE 6-8 SERVINGS

DIRECTIONS

1. Pick over the beans, removing any dirt or debris. Rinse and drain.
2. Place the beans, onion, garlic cloves, garlic powder, onion powder, salt, black pepper, bay leaf, and turkey wings in a large Dutch oven or pot.
3. Add the stock. Bring to a boil over medium heat.
4. Simmer for up to 2 hours or until the beans are tender.
5. Remove the cooked turkey meat from the bones using a fork and shred; discard the skin.
6. Place the meat back in the pot. Remove the bay leaf; discard.
7. Taste the beans and season with additional salt and pepper, if needed.

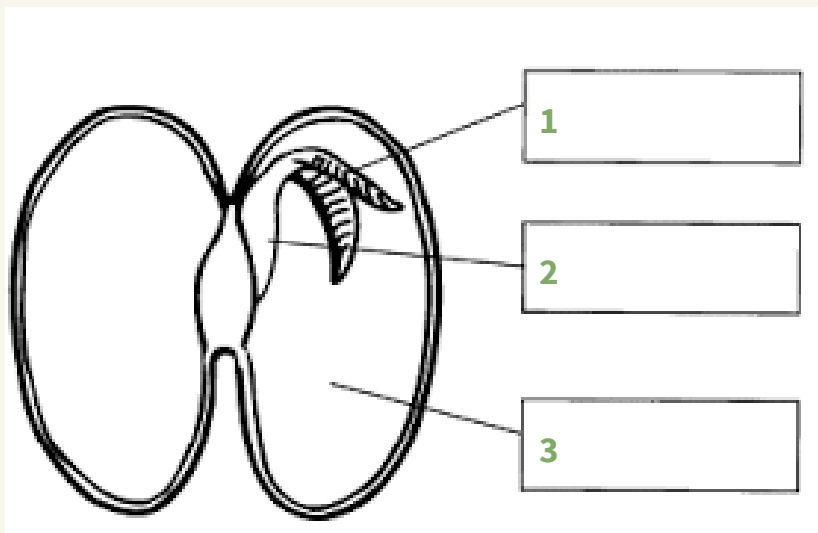
INGREDIENTS

- 1 pound dry large lima beans
- 1/2 large white onion, chopped (about 1 1/2 cups)
- 4 cloves garlic, finely chopped
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1 bay leaf
- 2 smoked turkey wings
- 8 cups chicken stock (preferably unsalted or low-sodium)
- Additional salt and pepper to taste

Recipe source:

<https://www.simplyrecipes.com/creamy-southern-lima-beans-recipe-6743934>

ACTIVITY: PARTS OF A SEED

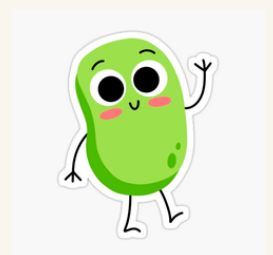


Use the following words to label the parts of the seed

ROOT

LEAVES

FOOD



Answers: 1. Leaves 2. Root 3. Food