Presents Heirloom Beans
Jacob’s Cattle • Soldier • Yellow Eye • Red Kidney

- **Cost Effective:**
  Perhaps the most nutritious ingredient available at a cost of only cents per portion.

- **Versatile Ingredient:**
  For Breakfast, Lunch, & Dinner Menus.

- **Uses Are Limited Only By Your Imagination:**
  Vegan, Vegetarian, Italian & Other Ethnic Entrees, Side Orders, Soups, Chili, Salads, Appetizers, & New England Baked Beans to name a few . . .

- **Heirloom Beans Provide:**
  Delicious Unique Flavor & Texture, High In Protein, Gluten Free, Heart Healthy, Non GMO & High In Fiber

**Preparation Tips:**

**Traditional Over Night Soak:**
Cover sorted and rinsed beans in a bowl (large enough for them to double in size) with 3” to 4” of water. Soak overnight, discard water, and rinse beans well. Your beans are now ready to cook.

**Quick Soak Method:**
Cover sorted and rinsed beans in a pot large enough to cover them with 3” to 4” of water. Bring to a boil for 2-3 minutes. Discard water and rinse beans well. Your beans are now ready to cook.

**Cooking Your Beans:**
Range Top, Baking or Pressure Cooking are all good choices for cooking beans.
We Offer:

**Jacob’s Cattle**
- Medium in size
- Sweet, meaty flavor
- Holds it’s shape well when cooked
- Rich aroma

**Soldier**
- Medium in size
- Firm texture
- Mild flavor
- Markings resemble an 18th century European soldier

**Yellow Eye**
- Smaller in size
- Mild, sweet flavor
- Mealy texture

**Red Kidney**
- Larger in size
- Kidney shaped
- Holds shape when cooked
- Earthy flavor

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