

# Black-eyed peas



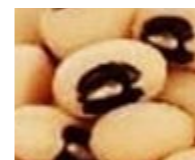
Originally used as food for livestock, they became a staple of the slaves' diet.



They are high in protein and fibre.



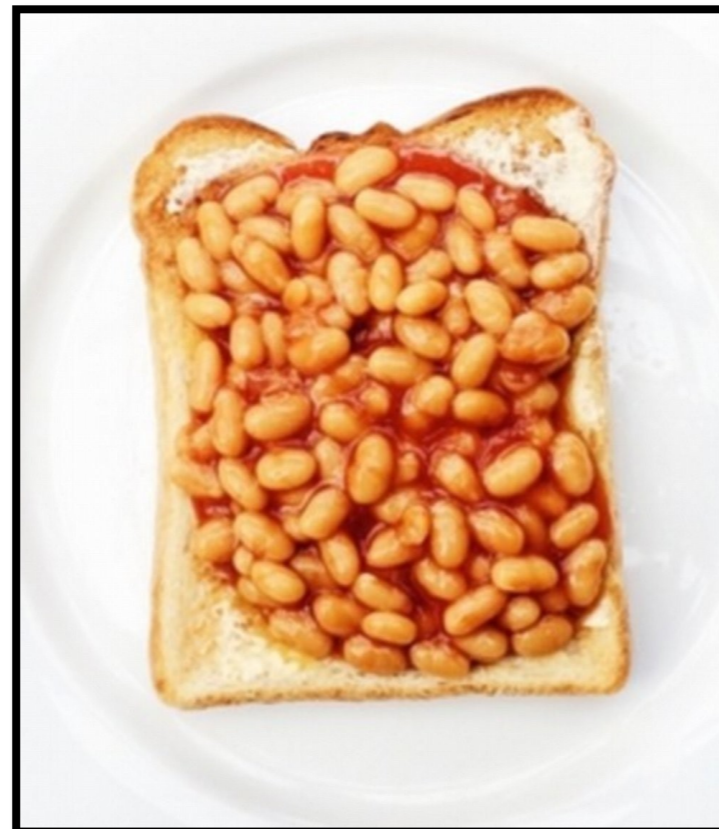
As legumes they are extremely nourishing vegetables, both to people and to the soil.



They are able to fix nitrogen, meaning nitrogen from the air is taken in by the plant and bacteria living in the roots convert it to a useable plant nutrient. Because of this process, nitrogen-fixing plants improve soil quality by adding nutrients back into the soil



# Haricot beans (Navy beans)



Most types of foods you would find navy beans in include:

Some baked items

Pork and Beans



Haricot beans do not lose their nutritional value in the canning process



Navy beans, also known as haricot or Boston beans, are a small-sized legume.



Improves your memory and an immune and energy booster



Protein rich and full of iron and fibre



# Runner beans



English Runner beans are long and flat and can grow up to ten inches in length



Runner beans are a good source of vitamin C, folic acid and fibre



Runner beans (*Phaseolus coccineus*) are also known as “scarlet runners”, a term that reflects the growth habit and red flowers of early introductions



The scarlet runner bean is cultivated both as an ornamental and a vegetable.



These quick-growing vines are beautiful when trained up posts and arches.