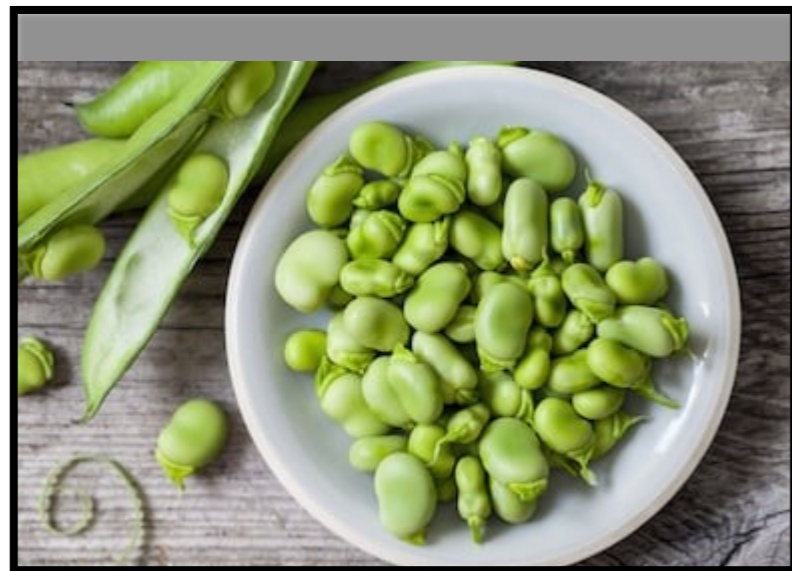


Broad bean (fava beans)



Although they hold the term 'bean' in their name, broad beans are actually part of the pea family.



Fava bean produces white flowers covered with black dots. They are arranged in clusters, in the axils of leaves.



Broad beans are rich in soluble fibre, meaning they can help improve blood sugar and levels of cholesterol.

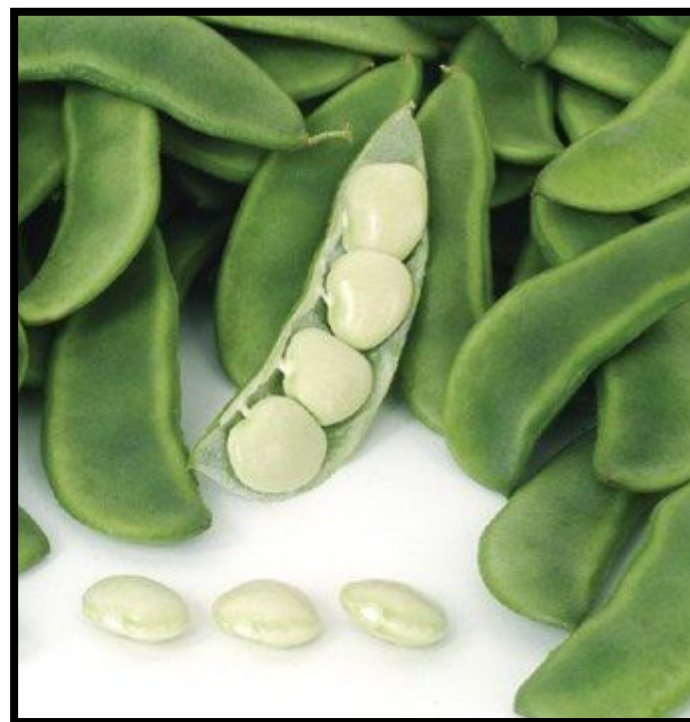


Fava bean can be also purchased in dried form or in a can.



Fava bean is often cultivated as a cover crop to prevent erosion and enrich soil with nitrogen and organic nutrients

kidney beans (cannellini beans)



The kidney bean is a variety of the common bean. It is named for its visual resemblance in shape and colour to a kidney. Cannellini beans are white.



kidney beans are an excellent source of protein, low in calories and virtually fat free.

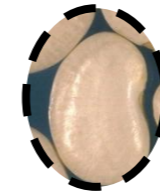


Red kidney beans are commonly used in chili con carne

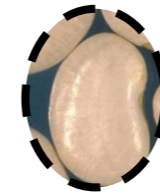


Beans were also found in the tombs of the kings of the ancient Egypt where they were left as the food for the departed and their souls in the afterlife.

Butter beans (Lima beans)



Lima bean is also known as "butterbeans" due to taste of cooked beans which resembles butter.



Lima bean is still very popular and frequently cultivated because of its excellent nutritional value and pleasant, creamy taste.



Lima bean produces white or yellowish flowers. The flowers contain large quantities of nectar which attracts honey bees, main pollinators of this plant.



Lima bean is available in fresh, dried and canned form.