



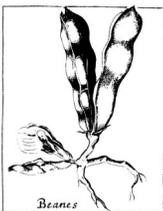
Heirloom Beans

Recipes and more!

Heirloom beans have been cultivated by families and cultures and handed down through generations. They are true to the seed. delicious, beautiful and exotic. At Driftless Market we carry a couple varieties of culinary heirloom beans in bulk as well as multiple Seed Saver Seed packets that you can plant yourself.

Beans are highly nutritious and versatile. Their flavor is hearty and they are an inexpensive source of protein when you buy in bulk and cook your own.

Generally speaking, beans are best cooked slowly and at a constant temperature. Old fashioned bean pots or crock pots work magnificently.



How to Cook Heirloom Beans

- Cover beans with double the water and soak overnight
- Drain and rinse
- Put beans in stockpot or crockpot and cover with 1-inch of water
- Bring to boil then lower heat and simmer
- Cooking times vary from 30 to 90 minutes
- To test whether done, remove a bean and blow on it. If skin pulls away, beans are done.
- Use right away or you can freeze in 1 or 2 cup packages so you always have a stash of beans.

What to do with your Heirloom Beans

- Add to your favorite bean recipes
- Substitute beans for meat in pasta dishes and lasagna
- Top your salad with a spoonful of beans
- Make a dip by cooking and blending beans with garlic, oil, lemon juice and spices (basically hummus with different beans)

Driftless Market
www.driftlessmarket.com



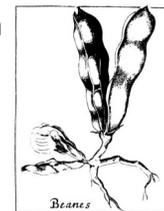
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Cranberry Beans with Bacon and Sage

2 cups Cranberry Beans (soaked overnight, then rinsed)
1/2 pkg Upton's Seitan Bacon, cut in 1-inch chunks or 3 pieces regular bacon
2 Tbsp sunflower oil
3 stalks celery, chopped
2 large cloves garlic, minced
1 tsp sea salt
1 medium onion
2 medium carrots, chopped
2 heaping tsp dried sage
freshly ground black pepper

- Place rinsed beans in a pot over medium-high heat and cover with about an inch of water. Bring to a boil, then reduce the heat and simmer until beans just begin to soften, about 30 minutes
- Meanwhile, in a large skillet heat sunflower oil over medium heat. Cook bacon until crisp. Remove bacon to drain on paper towel.
- In skillet with the bacony oil., add onions, celery, carrot and garlic. Sprinkle with sage and sea salt. Sauté over low heat, until vegetables are soft, about 20 minutes.
- Add vegetable mixture to beans. Simmer, partially covered, until beans are tender, about 1 hour.
- Stir in bacon.
- Serve with a large tossed salad and chunky bread.

Serves 4 - Recipe adapted from loclakitchenblog.com



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Serves 4 - Recipe adapted from loclakitchenblog.com



Heirloom Baked Beans

2 cups Jacob's Cattle Beans (soak overnight, then rinse)
3 Tbsp molasses
1/4 tsp black pepper
1/2 cup ketchup
1 tsp apple cider vinegar
3/4 cup yellow onion, chopped
2 tsp sea salt
1 Tbsp prepared mustard
2 tsp Tamari or Soy Sauce
1 tsp liquid smoke

- Place rinsed beans in a pot over medium-high heat and cover with about an inch of water. Bring to a boil, then reduce the heat and simmer until beans are tender, about 1 hour.
- Preheat oven to 325 degrees
- Place beans and remaining ingredients in a casserole dish.
- Cover casserole and bake for 60 minutes, check periodically and add more water if needed.
- The beans will soak up some liquid but if mixture isn't thick enough, remove cover and bake another 15 minutes.

Serves 8 - Recipe adapted from dizzybusyandhungry.com

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