



Cool Beans

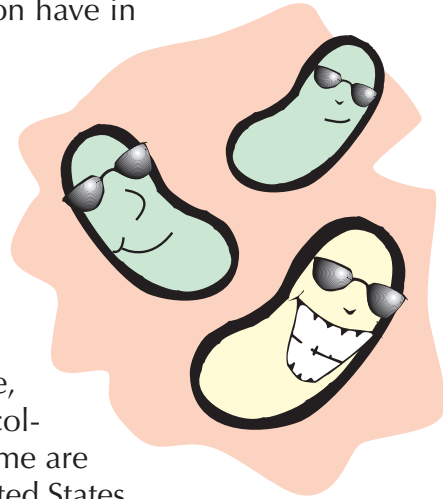
Here is a riddle for you: What do a chick and a pigeon have in common?

"They are both birds," you say? Guess again.

They are both types of beans. Yes, beans.

Humans have grown beans and their close relatives, peas, for thousands of years. Chickpeas, also called garbanzo beans, have been found in ancient ruins more than 10,000 years old. Pigeon peas, also called *gandules* or red gram, have been found in Egyptian tombs!

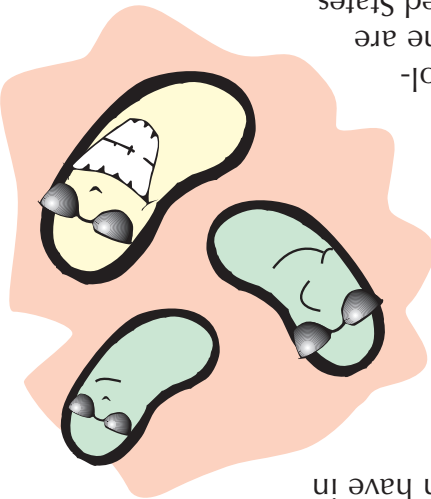
Beans and peas come in many colors—red, white, black, brown, tan, yellow, and green. Some are solid-colored, and some are speckled. Some are large, and some are small. The five most popular types of beans in the United States are pinto, navy, kidney, black, and Great Northern.



From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

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