



## Meet the Farm to School Fabulous Five

The Farm to School Fabulous Five, or “Fab Five,” are five foods that are important to our health, our community, and our food system: **kale, kohlrabi, legumes, radishes, and squash**. You’ve maybe tried the Fab Five in meals at home or school, or spotted them growing in a garden or on a farm. The Fab Five teach us important lessons about nutrition, history, farming, cooking, science, and more. Each of them nourish our bodies with important nutrients, contribute to local and global food cultures, and play an important role in Minnesota agriculture. For all these reasons and more, Minneapolis Public Schools celebrates and teaches about the Fab Five in our school cafeterias, classrooms, and gardens.

## LEGUMES

Legumes, or pulses, are plants that add nitrogen to the soil. Common types of legumes include beans, peas, and lentils. Legumes are some of the oldest known domesticated crops in the world. Beans were first grown 7,000 years ago by native people in Peru and Mexico, and legumes and peas were cultivated more than 4,000 years ago by the Indus River Valley Civilization in present day southern Asia. Today, legumes continue to be a traditional part of diets around the world.



### Nutrition Benefits

Pulses are the seeds found inside the pods of legume plants. These tiny vegetables are packed with nutrients like protein, fiber, iron, calcium, folate, and phosphorus. Protein is important for our muscles, growth and development, and the combination of protein and fiber helps you feel full.

#### Fun Facts

- Legumes add nitrogen to soil by exchanging nutrients with tiny bacteria on their plant roots!
- Archaeologists have found legumes buried in ancient Egyptian pyramids.

#### Reading Corner

- *Jody’s Beans* by Malachy Doyle
- *One Bean* by Anne Rockwell
- *Spill the Beans and Pass the Peanuts: Legumes* by Meredith Sayles Hughs

## Varieties

There are many types of legumes with distinct shapes, sizes, colors, textures and culinary uses.



Lentils



Black Beans



Peas



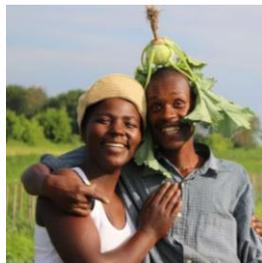
Green Beans



Chickpeas

## Meet Local Legume Farmers

Did you know that local, Minnesota farmers grow food specifically for Minneapolis Public Schools (MPS) through our Farm to School Program? Here are local farmers who grow legumes for MPS school meals:



**Dawn 2 Dusk Farm**  
Cambridge, MN



**Live Organically**  
Oak Grove, MN

## MPS Farm to School Recipe Box

# OLÉ FRIJOLE DIP

INGREDIENTS	PREPARATION
2 CANS PINTO BEANS 1 TBSP CILANTRO 1 TBSP GREEN ONION 2 TBSP GREEN CHILES 2 TSP GARLIC 1 TSP SALT 1/4 TSP CUMIN 1/4 TSP CHIPOTLE POWDER 1/4 TSP CHILI POWDER 1/2 TSP OREGANO 2 TSP LIME JUICE 1 TBSP WHITE VINEGAR 1/4 CUP CANOLA OIL 2 TSP HONEY 1/4 TSP ONION POWDER	1. DRAIN BEANS. RESERVE 1 CUP LIQUID.  2. FINELY CHOP AND SLICE CILANTRO AND GREEN ONIONS.  3. BLEND ALL INGREDIENTS TOGETHER, INCLUDING RESERVED BEAN LIQUID.
<p><i>Enjoy!</i></p>	
<p>NO ALLERGENS</p>	

Photos Sources:

Pea pods: [https://vegetarian.lovetoknow.com/List\\_of\\_Legumes](https://vegetarian.lovetoknow.com/List_of_Legumes)

Lentils: <https://nuts.com/cookingbaking/beans/lentils/pardina-lentils.html>

Black Beans; <https://nuts.com/cookingbaking/beans/blackbeans/black-beans.html>

Green beans; <https://www.medicalnewstoday.com/articles/285753>

Chickpeas; <http://www.foodnutritiontable.com/nutritions/nutrient/?id=973>

