



Pinto Beans



Bean domestication appears to have started in South America upwards of 7,000 to 8,000 years ago, so we have had beans in our lives for a long time. They came to the New Mexico and the Southwest about 2,500 years ago. After their introduction to Europe in the 15th century they became quite popular around the world. In Spain, to this day, there are several Spanish varieties of pinto beans derived from New Mexican and Mexican beans.

Pinto beans, common as they may be, have some really incredible traits which have kept them popular, and in our company, for a long time. They do well in our deserts, and don't take a lot of water, so they are easy to grow! They also have natural defenses to pathogens and critters. Plus, they are really good for you.

Pinto beans are inexpensive, a nutritional powerhouse, and a food that you can keep in your pantry for great lengths of time. And if you ask many a New Mexican they will also tell you, they are delicious! A staple in New Mexican diets in many forms, pinto beans can be served refried, soupy, as a side dish, or as a burrito filling. They are so important to us in fact, that along with chile they are New Mexico's other official state food. They are so important to us that we made them official!

Pinto beans are still an important crop here in New Mexico and around 10,500 acres are planted every year. Our largest producer is Navajo-owned *Navajo Agricultural Products Industry* and sold under the *Navajo Pride* brand.



EL RANCHO DE LAS GOLONDRINAS

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Here at Las Golondrinas we store our pinto beans as many generations of New Mexicans would have, ready for a long winter full of warm bean soups and stews to keep us fed and cozy.

How to grow your own pinto beans:

Before you plant your beans soak them overnight in water.

Plant them about 1 to 2 inches into the soil, and about 6 inches apart.

You can either plant your pinto bean in the cup or put them directly into the ground with the soil.

Pinto's like lots of long, warm days so make sure you put your seedlings somewhere that gets lots of sun.

Enjoy watching it grow!

