

Pink Bean

This medium-sized bean type is produced exclusively in Alberta and has a pink seed coat. Pink beans are very mild with a delicate flavour and are a good substitute for other beans. Most of the Canadian pink bean crop is exported to markets in Latin America. Weight per 1000 seeds is about 280 grams.

Small Red Bean

Also called Mexican red bean, this bean has a red seed coat and white cotyledon. Small red beans have a robust flavour and retain their dark red color when cooked making them a good substitute for red kidney beans. They are mainly used in chilies, soups and mixed bean salads. Weight per 1000 seeds is about 285 grams.

Faba Bean

The faba bean (Vicia faba minor) is a smaller-seeded member of the species which includes the garden broad bean. It was originally introduced to Western Canada from Europe and was first produced on a commercial basis in that region in 1972. Faba beans are produced in many parts of the world and consumed primarily as a vegetable, although in certain countries it is also valued as a protein supplement for livestock feeding. Protein content generally ranges between 23-30 %, and the lysine content is high. For Canadian varieties, the weight per 1000 seeds ranges between 360-430 grams.

Soybean

Almost all of Canada's soybean output is produced by over 24,000 growers in southwestern Ontario. Soybeans have long been recognized as one of the most important sources of protein in the world. Whole soybeans, soya milk, soya flours and isolated soya proteins are used in a variety of ways for human consumption. In Japan, China, Southeast Asia and Africa, soybeans continue to be an integral part of traditional dishes such as tofu, natto, hamanatto and tempeh. Normally used as flavouring agents, soy sauce (shoyu) and soy paste (miso) are also made from soybeans. Canadian soybeans exported for human consumption are almost exclusively white hilum types. Recently-developed varieties include smaller soybeans which are ideally suited for the Japanese delicacy, natto.