

# BEAN

PHASEOLUS VULGARIS L. OR KIDNEY OR FRENCH BEAN

*French : Haricot Commun*

(Fruit vegetable belonging to the family of the papilionaceous leguminosae plants)

This annual plant, in all probability native to South America, produces pods containing grains, the form, color and number of which differ according to varieties and which constitute, together with potatoes and wheat, the base of the nourishment of popular classes.

## Division as regards consumption

We eat either the seeds or the fruit complete, according as the pods are *membranous* or not. In the first case, they must be shelled in order to consume only the seeds: whence the name of *shell beans*. In the latter case, the whole pod must be consumed when the seeds are about formed: whence the name of *edible podded beans*.

It follows that beans may be grown to be eaten either green or dry (1).

String beans are not very nutritious, but are agreeable to taste, light to the stomach, so that they are convenient even for convalescent persons.

Shelled beans are eat green or dry. In both cases, seeds possess, owing to their richness in azote and fecula, eminently nutritive properties (2). They have however the inconvenience of being flatulent (3).

- (1) The culture of beans is divided into four parts as regards consumption, viz:
- 1o *string beans* consumed when the pods are young before seeds have formed;
  - 2o *edible podded beans* the whole pods of which are consumed as soon as grains have formed, but before they begin to harden;
  - 3o *green shell beans* only the green seeds of which are consumed when they reach a certain size;
  - 4o *dry shell beans* harvested when completely ripe and the use of which is known to everybody.
- (2) The azoted substance of beans is called *legumine*.
- (3) "The light mealy substance wherein Eolus confines himself!"
- Discoride, while accusing beans of causing nightmares, says somewhere else that they are propitious to love! Let bachelors take note of it.....