

Yard Long Beans

Vigna sesquipedalis

Nutrition Facts:

Serving Size – 1 c cooked

- Calories – 44
- Proteins (g) – 2
- Carbohydrates (g) – 10
- Fiber (g) – 4
- Fat (g) – 0.4
- Vitamin C (mg) – 12
- Folate (mcg) – 42
- Iron (mg) – 1.6
- Calcium (mg) – 58
- Potassium (mg) – 374
- Sodium (mg) – 4

Yard long beans are low in calories, rich in carbohydrates and a good source of potassium and folate.

Yard long beans become available in mid-summer and continue until frost.

This information was taken from "Oriental Vegetables" by Joy Larkcom. For more information refer to this book.

Yard-long beans, also misnamed as asparagus beans or Chinese long beans, originated from Asia, and are named due to their length. The beans can reach 30 inches long but should be purchased when they are 12-14 inches long as they will have their best flavor at this point. Yard long beans were introduced to the southern U.S. by slaves and are the predecessors of what currently called "black-eyed peas".

Nutritionally, yard long beans don't contain the high amount of protein that dried beans contain but they are a good source of folate and fiber.

What to Look for When Purchasing

Look for beans that are 10-16 inches in length and firm without spots. Buy beans that are sold loose so you can get pods of equal size so they cook uniformly. Do not buy beans if you can see the seeds bulging through the pod or that are woody or stringy. Beans with tough skins or that appear wilted should also be passed up.

Storage Tips

Unwashed beans may be stored in a plastic bag in the vegetable crisper section of your refrigerator for 3-4 days. Eat as soon after purchase as possible because beans will lose their flavor, nutrients, and quality as time passes.



Cooking Tips

You can prepare yard long beans in the same manner as you would prepare green or wax beans. However, since the beans are so slender, they cook rapidly. Wash thoroughly in cold water and snap off ¼ inch from each end. Cut beans into 2-inch lengths.

Young pods may also be pickled.

Uses

- ▶ Cut beams into 1-2 inch lengths and boil for 3-5 minutes.
- ▶ Place in a covered microwaveable dish with a small amount of water. Cook for 2-3 minutes.
- ▶ Stir-fry: Stir fry with other vegetables. The leaves and young stems of the yard long bean plants can also be added to stir fry.