NDBGA ELECTIONS

The Nebraska Dry Bean Growers Association elected new board president Jeffery Nichols at their meeting on January 11, 2011. Jeff has served on the NDBGA board since 2002 and has held the office of vice-president since 2007.

He is a fifth generation farmer raising irrigated corn, dry beans, and alfalfa with his father in a family operation northeast of Minatare. He has a 19-year-old daughter, Kathleen.

Jeff is a civic-minded individual having served as both president and vice-president of the Highland School Board, a member of the East Lawn Cemetery Board, The Scottsbluff Public School steering committee, and currently serves as president of the Scotts Bluff County Farm Bureau Board. He is a member of the Minatare Presbyterian Church.

In other elections, Dean Keener was chosen as the new vice-president while John Maser, Jr. and Curtis Cloud retained their offices as secretary and treasurer, respectively.

Three new board members were also selected; David Howell of Morrill was elected to represent District I, Mario Pitts from Lyman will represent District III, and Matt Thorson from Hay Springs was chosen to be an at-large representative.

2011 Bean Day Survives Frigid Weather

A good number of hearty souls braved the icy “high” of 16° and turned out for Bean Day 2011. They were rewarded for their effort with plenty of hot coffee and donuts and a day full of interesting speakers and a variety of vendors, not to mention the home-made chili, coleslaw, and cinnamon rolls provided by New Alliance Bean and Feed and Westco and served by members of the Morrill FFA club.

Among the door prizes given away were slow-cookers, bean seed, parts certificates, store credit, cash, gift cards, 5-pounds of pistachios, savings bonds, mixed dry beans, and a 19” flat screen TV, just to name a few.

The annual Nebraska Dry Bean Cook-Off was held, this year with local restaurateurs and caterers from Steel Grill, The Meat Shoppe, and Paradise serving as judges.

The annual NDBGA meeting was held and two new board members were elected, with an at-large member being appointed by the board at their meeting later in the day.

See much more Bean Day action and winning recipes on pages 9-14.
Hello everyone! I’m Jeff Nichols, your new board President of the NDBGA. I’ve served as your VP for a number of years, and have been on the board for nine years.

I farm with my father, on a family operation northeast of Minatare, Ne. We have a diversified operation and dry beans has been a part of that for many years.

I would like to thank everyone who attended Bean Day 2011! There were some old and new vendor faces this year at the booths, and a good attendance for the meeting and discussions. If you haven’t attended the annual meeting, I would encourage you to come out in Jan 2012!

As I write this, Pintos are $28 and Great Northerns are $30. Are these high enough numbers to compete with corn, wheat, and other crops? It will be a challenge to the industry to buy acres at these prices. How do beans fit into your rotation? Does your rotation change, or is it a set system? Does the cost of inputs influence your acreage decisions? All are things to think about.

I am offering a letter of support, on behalf of the NDBGA, for the post emergence (24c) registration of Permit (halosulfuron) to the Pesticide Program Manager at the Nebraska Department of Agriculture. This chemical would be able to be used on all market classes of dry beans. Dr. Bob Wilson has been doing testing of this chemical on dry beans for the last seven years, and feels this would be very beneficial to growers for the last seven years, and feels this would be very beneficial to growers if registered for post spray applications.

I hope everyone has been fairing well over this cold winter, and wish everyone the best.

About “The Bean Bag”

“The Bean Bag” is a regional publication for the dry bean industry targeted to growers and decision-makers involved in the production and sales of Nebraska-grown dry edible beans.

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Gering, Nebraska 69341

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Others may purchase subscriptions for $25 a year by sending a check and subscription information to the Nebraska Dry Bean Growers Association, 955 E. Country Club Road, Suite B-1, Gering, NE 69341.

Visit the NDBGA website at www.beangrower.com
Pros and Cons of Tillage Before Planting Dry Beans
Robert Wilson, Extension Weed Specialist

From the beginning of the dry bean industry in Nebraska preplant tillage has been an integral part of the planting process. Discing, moldboard plowing, packing and planting all encompassed the conventional tillage program. With the development of herbicides from the 1940s to 1980s the agricultural chemical industry developed herbicides to be used in conjunction with preplant tillage. By combining shallow tillage with herbicides such as Eptam, Prowl, Sonalan, and Treflan it became possible to incorporate, position, and trap herbicides near the soil surface where they could kill weed seedlings but not the crop as they both emerged through the soil. By mechanically incorporating herbicides, if it failed to rain after planting, the herbicide was still in position to provide weed suppression.

Because conventional tillage has been practiced for many years weeds have undergone selection to adapt to tillage and become opportunistic and germinate when they have the best chance to survive. Instead of kochia seed germinating as soon as the soil temperature reaches 40 F as occurs in rangeland, in fields where conventional tillage has been practiced the seed remains dormant until the soil temperature reaches about 60 F, thus avoiding the killing effects of early season preplant tillage. Because during the last 30 years kochia has also been exposed to preplant herbicides a third kochia population has evolved that only germinates when the soil temperature reaches 85 F, by germinating several weeks after planting the toxic effects from the preplant herbicide are avoided. Other weeds have adapted to tillage by developing a photo- receptor that allows the seed to germinate after being exposed to light created during tillage. If tillage does not occur or the seed remains buried dormancy continues. The degree of soil disturbance created by tillage favors some weeds over others. Common sunflower density increased with moldboard plowing, longspine sandbar and redroot pigweed density increased with tandem discing, while kochia density increased with ridge till.

See “Tillage” page 6
Reflections on Bacterial Wilt and a Summary of Studies Conducted in Nebraska

Robert M Harveson, Extension Plant Pathologist, Carlos A. Urrea, Dry Bean Breeder, and C. Dean Yonts, Extension Irrigation Engineer, University of Nebraska, Panhandle REC, Scottsbluff

Introduction and Background
Bacterial wilt, caused by Curtobacterium flaccumfaciens pv. flaccumfaciens (Cff), was first reported from South Dakota in 1922, and then became one of the most problematic bacterial diseases in the United States, particularly throughout the irrigated high plains and Midwest. It was an endemic problem in western Nebraska dry bean production during the 1960’s and early 1970s, but essentially disappeared (i.e. would only sporadically appear in seed and had no detectable effect on yield) with implementation of seed sanitation and crop rotation.

The resistant Great Northern cultivar ‘Emerson’ was developed during that period by the University of Nebraska specifically for controlling bacterial wilt, which demonstrates the importance that this disease once held. Breeding for resistance to this disease was later discontinued when it was determined that using seed sanitation, increasing disease-free seed in dry climates, and using proper crop rotations effectively stopped the introduction of the pathogen while eventually eliminating it from fields where it had been present.

New Reports and Results of Studies
The pathogen was again identified in 2003 for the first time in this area for almost 25 years. Over the last 7-8 years it has fully re-emerged in the Central High Plains (Nebraska, Colorado, and Wyoming) and has now been identified from more than 400 fields. Affected fields were planted with beans from multiple market classes and seed sources, including yellows, Great Northern, pintos, kidneys, cranberries, blacks, navies, pinks, and small reds, and disease incidence varied from trace levels to >90%.

Losses in both yield and quality have been demonstrated. Some heavily infested fields in Nebraska during 2004-2005 were estimated to yield up to two thirds less than would be expected of a typical crop. Other fields have been abandoned or plowed under without being harvested. Numbers of discolored seeds collected from surviving, but infected plants were found to average 25%, while the incidence of discolored Great Northern seeds harvested from entire fields approached 10% in some instances.

The pathogen is very heterogeneous and apparently varies tremendously. We have observed that strains collected in 2004-2005 were more aggressive and virulent than older reference strains that have been stored for 30+ years. Years ago different pathogen color variants were identified that were unique to Nebraska, including yellow, orange and purple. The purple variant was considered to be extremely rare, but we have continued to find new purple variants again, and additionally have found an extremely virulent pink variant that has never been reported from anywhere else in the world.

We have also found that wilt isolates can survive and remain pathogenic in soil for at least two years. However, the primary mechanism for survival is in crop residues. A comprehensive survey over the last 4 years has further revealed the presence of bacterial wilt isolates occurring with other crops grown in rotation with dry beans, including soybeans, corn, wheat, sunflower, and alfalfa. These isolates were found in association with other bacterial diseases, suggesting survival in those crops residues.

When the pathogen was found causing very severe infection (more than 90% incidence) in a sub-surface drip irrigation research field in 2004 we were presented with an opportunity to compare different irrigation methods and their influence on disease and dry bean yields. It was further determined that the pathogen remained viable in this field, providing a consistent source of infection for treatment comparisons. Based on our observations from this field, it was also thought that the reason for high infestation in this field was the drip irrigation may contribute to greater disease spread plant to plant through the soil. However, we have now completed an extensive four-year irrigation study in collaboration with Dean Yonts in this field that indicates that sprinkler irrigation produces more severe disease levels and yield losses than furrow or sub-surface drip irrigation. The pathogen apparently did not move through soil to a great extent in the field, but we did demonstrate that the pathogen was capable of root to root spread in enclosed pots under greenhouse conditions.

In summary, our studies suggest that the pathogen has re-emerged widely throughout the dry bean production areas due, in part, to our recent changes in cultural practices. It likely never went away, but we now think it survived at low levels as a saprophyte on weed species or crop residues. Thus it was not necessarily noticed until recently because in the past most fields were plowed (removing a source of survival), and the fact that the symptoms of wilt are additionally reminiscent of and likely confused with common blight. Over the last 10-15 years, reduced tillage has become a widespread practice, as has the addition of higher numbers of center pivots in production fields. Both practices enhance conditions for the survival and spread of the pathogen within dry bean fields. This disease is also more problematic under elevated levels of plant stress. During the mid- 2000’s, we had some very hot and dry growing seasons, which apparently contributed to more severe disease incidence and severity. At this point we hypothesize that the combination of environmental stress, changes in cultural practices, and unfamiliarity with the disease, all contributed to the high visibility and incidence of this disease in the Central High Plains within the last 8 years.

New Resistance Development
Bacterial diseases of dry beans, including wilt, are very difficult to manage due to the lack of adequate chemical products.

See “Reflections” page 7
Proven Broad-Spectrum Weed Control for Dry Beans

Eptam® 7E – Sonalan® HFP Tank-Mix

Dependable Weed Control

- Eptam-Sonalan controls tough grasses and broadleaf weeds better and longer than other pre-emergence herbicides
- A post-emergence application of Eptam extends weed control into the season

PPI, PRE and POST Application Flexibility

- Apply Eptam - Sonalan pre-plant with ground equipment or early pre-emergence by chemigation
- Use higher rates of both products to control difficult weeds like nightshade, crabgrass, ground cherry, etc.
- Maximize weed control by following with a post-emergence chemigation of Eptam (in 0.5" water) at 3 1/2 - 4 1/2 pints per acre

Key Grasses and Weeds Controlled by Eptam – Sonalan

- Barnyardgrass
- Crabgrass
- Foxtails
- Quackgrass
- Salsbury
- Volunteer grains
- Wild oat
- Black nightshade
- Common lambsquarters
- Cutleaf nightshade
- Hairy nightshade
- Pigweeds
- Russian thistle
- Wild buckwheat

Weed Response to Eptam – Sonalan Tank-Mix

<table>
<thead>
<tr>
<th>Weed</th>
<th>Poor</th>
<th>Good</th>
<th>High</th>
<th>Very High</th>
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</thead>
<tbody>
<tr>
<td>Foxtail</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crabgrass</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wild Oats</td>
<td></td>
<td></td>
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<tr>
<td>Vol. cereals</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>R. Pigweed</td>
<td></td>
<td></td>
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<tr>
<td>H. nightshade</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Kochia</td>
<td></td>
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<td></td>
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<tr>
<td>Lambsquarters</td>
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</tbody>
</table>

Crop Rotation Options

Eptam
- Plant-back to all crops is permitted after 45 days

Sonalan
- Refer to the Sonalan HFP label for information regarding plant-back options

For more information please contact your local Gowan USA Representative:

General Information • (800) 883-1844
Or visit us online at: www.gowanco.com
“Tillage” continued from page 3

Because of soil erosion and the need to reduce production costs some growers have adopted conservation tillage to increase the quantity of crop residue that remains on the soil surface. Without tillage for weed control growers replace tillage with herbicides and have adapted planters to plant through crop residue.

With reduced or no tillage weed seeds are positioned near the soil surface and become mixed with crop residue. Crop residues provide a micro-environment near the soil surface which is moist and supports ideal conditions for weed seed germination. In theory if weeds are effectively suppressed during the first few years of no-till production, the weed seedbank can decline and without further tillage weed seeds are not moved to the soil surface. In practice, studies have shown that winter annual weeds (horseweed) small-seeded summer annual grasses and perennials like Canada thistle become more difficult to control as tillage is reduced or eliminated while large seeded broadleaf weeds become easier to control. Crop residue on the soil surface can also intercept soil applied herbicides and prevent them from reaching the soil surface. Rainfall or irrigation following herbicide application can wash a portion of the herbicide off residues and move it into the soil but, if it remains dry, herbicide is lost and weed control is reduced.

In an attempt to further examine the ramifications of tillage on dry bean weed control an experiment was initiated in 2010 near Mitchell, Nebraska to study the influence of different levels of corn residue on weed control. In early May corn stalks were shredded, followed in late May with Roundup to kill weeds that had emerged. During the first week of June the field was divided into three sections. In one of the sections there was no tillage and there was approximately 80 percent corn residue coverage at planting. In the second section corn stalks were disced once which left 56 percent residue coverage and in the third section stalks were disced twice which left 39 percent residue coverage at planting. Dry beans were planted and five different soil-applied herbicides were sprayed. Following spraying rainfall of 1.3 inch was received over a three day period from June 11 to June 13. As a result of rainfall and tillage a soil crust formed as the soil dried. An attempt was made to reduce crusting by rotary-hoeing which was only partially successful.

See “Tillage” on page 8
Raedel’s
Hardsurface Welding

Hardsurface pintos bean knives — Heath, Speedy and Orthman knives

Hardsurface advantages:
1) Do not need a rod weeder.
2) No plant pull.
3) Self sharpening.
4) Slick cut of bean plant and all weeds.
5) Cut plant minimum depth of ground — less dirt in beans.
6) If off rows, plant is cut as long as plant contacts the end of knife.

Have knives on hand.
Appreciate orders as early as possible.

Also hardsurface: Plow lays (all makes of plow); cultivator shovels; chisel plow points; NH-3 fertilizer knives; and spikes for cultivator, chisel plows and regular applicators.

P.O. Box 23 — Neche, N.D. 58265
Business: (701)886-7688
Bruce Thom
“Tillage” continued from page 6

By mid June crop and weeds had emerged and it became apparent that preplant discing and corn residue had influenced herbicide efficacy and dry bean and weed density. Bean emergence was greatest, crop injury from herbicides least, and weed density was reduced 50 percent in areas receiving no tillage compared to areas disced (Table 1).

Herbicide options are reduced when growers move from preplant tillage to no tillage. Only five herbicides are labeled to be utilized after planting and applied to the soil surface before dry bean and weed emergence (Dual Magnum, Outlook, Permit, Prowl H2O, and Valor). All of these herbicides must rely on rainfall or irrigation for movement into the soil. During 2010 weed control from soil-applied herbicides ranged from 60 to 75 percent and suggests additional weed control measures would have been necessary to achieve optimum bean production (Table 2). Raptor plus Basagran was applied after crop and weed emergence but herbicide crop response was still influenced by preplant tillage. Dry bean plants were more vigorous in no tillage and when treated with Raptor plus Basagran crop injury was only 4 percent in contrast when the same treatment was applied to areas that had been double disced and beans were under stress from crusting, Raptor plus Basagran caused 10 percent crop response. Weed control from Raptor plus Basagran averaged 86 percent and was superior to that achieved from soil-applied herbicides (Table 2). These are only the results from 1 year of study and soil crusting may have complicated the experiment. More study is needed before conclusions can be drawn but preliminary results suggest that no-tillage production may have advantages in weed control and crop vigor.

Table 1. Influence of different levels of preplant tillage on dry bean stand, yield, and in-crop weed control.

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Stand (plants/acre)</th>
<th>Injury from herbicides (%)</th>
<th>Yield (bu/acre)</th>
<th>Weed density (plants/acre)</th>
</tr>
</thead>
<tbody>
<tr>
<td>No tillage</td>
<td>31100</td>
<td>2</td>
<td>64</td>
<td>740</td>
</tr>
<tr>
<td>One discing</td>
<td>24300</td>
<td>6</td>
<td>59</td>
<td>1830</td>
</tr>
<tr>
<td>Double discing</td>
<td>23900</td>
<td>7</td>
<td>50</td>
<td>1770</td>
</tr>
</tbody>
</table>

Table 2. Influence of different herbicides on dry bean injury and in-crop weed control.

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Early season injury (%)</th>
<th>Yield (bu/acre)</th>
<th>Weed control (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dual Magnum (PRE)</td>
<td>4</td>
<td>58</td>
<td>65</td>
</tr>
<tr>
<td>Outlook (PRE)</td>
<td>5</td>
<td>62</td>
<td>75</td>
</tr>
<tr>
<td>Prowl H2O (PRE)</td>
<td>4</td>
<td>52</td>
<td>61</td>
</tr>
<tr>
<td>Permit (PRE)</td>
<td>3</td>
<td>60</td>
<td>65</td>
</tr>
<tr>
<td>Valor (PRE)</td>
<td>4</td>
<td>57</td>
<td>60</td>
</tr>
<tr>
<td>Raptor + Basagran (POST)</td>
<td>9</td>
<td>47</td>
<td>86</td>
</tr>
</tbody>
</table>
The Morrill Chapter of FFA took a big load off our shoulders by serving lunch. A sincere thank you to all of you for your great attitudes and your good help! From left to right are advisor Rebecca Cox, Taylor Cooper, Morgan Nortness, James Burford, President Cassis Lara, Blake Nelson, Raina Younkin, Branden Hessler, Kyle Peterson, and Abby Ford.
VENDORS...

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HorizonWest Inc.
Midwest Farm Service
Nebraska Agricultural Statistical Services

Nebraska Dry Bean Commission
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Northern Feed and Bean Panhandle Coop
Panhandle Research & Extension Center

Sandberg Implement
Simalot Grower Solutions
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Trinidad-Benham
Wells Fargo Advisors

Nebraska Agricultural Statistical Services
We were honored to have judges for our Dry Bean Cook-Off from local top-notch restaurants and caterers. Pictured above from left to right are Rob Druckenmiller and Lisa Weboy from Steel Grill, Judy Keller from The Meat Shoppe, Mary Mu?? from Steel Grill, and Kyle Sasse from Paradise. They all took time away from their work to volunteer their time and we greatly appreciate having had their professionalism and their expertise.

We couldn’t have a Dry Bean Cook-Off without cooks. Pictured here from left to right are Nancy Stricker from Alliance, Laura Lambruska from Mitchell, Bob Blackburn from Mitchell, and Janice Feringer from Gering. We hope you enjoy their winning recipes on pages 13 & 14.
AND FRIENDS AND NEIGHBORS
What’s Cookin’
Nebraska Dry Bean Cook-off Winners

**SOUP**

**1st**

**Bean Chili**
- Laura Lambruska

Laura used a mixture of beans grown and used in our valley for her chili; the combination contained Mayocoba beans, light red kidneys, small red kidneys, pinto, Great Northerns, cranberry beans, and black beans.

2 cups cooked beans, save and use liquid
1 quart picante sauce, mild
3 tablespoons chili powder or to taste
28 ounces diced tomatoes with juice
2 cups cooked, shredded pork
2 tablespoons Worcestershire sauce
salt and pepper to taste
1/2 teaspoon cumin
tablespoon garlic powder
OPTIONAL: May use hot pepper flakes or chopped jalapeño peppers.

Combine all ingredients and cook in a good-sized slow cooker until flavors have married. Before serving, garnish with shredded cheese and serve with crackers or corn chips.

**2nd**

**Texas Black Bean Soup**
- Nancy Stricker

2 15-ounce cans black beans, rinsed and drained
1 14-1/2 ounce can stewed tomatoes or Mexican stewed tomatoes, cut up
1 14-1/2 ounce can diced tomatoes or diced tomatoes with green chilies
1 14-1/2 ounce can chicken broth
1 11-ounce can Mexicorn, drained
2 4-ounce cans chopped green chilies
4 green onions, thinly sliced
2 to 3 tablespoons chili powder

1/2 teaspoon dried minced garlic

Combine all ingredients in a slow cooker, cover and cook on high for 4 hours or until heated through. Yield 8-10 servings.

**SALAD**

**1st**

**Mexican Bean Salad**
- Nancy Stricker

This salad not only won first place, but the judges thought it was very attractive with so much color.

1 15-ounce can black beans, rinsed and drained
1 15-ounce can kidney beans, drained
1 15-ounce can white beans, rinsed and drained
1 green bell pepper, chopped
1 red bell pepper, chopped
10-ounce package frozen corn kernels
1 red onion, chopped
1/2-cup olive oil
1/2-cup red wine vinegar
2 tablespoons fresh lime juice
1 tablespoon lemon juice
1 tablespoon white sugar
1 tablespoon salt
1 clove crushed garlic
1/4-cup chopped fresh cilantro
1/4-cup chopped fresh cilantro
1/2-tablespoon ground cumin
1/2-tablespoon ground black pepper
1 dash hot pepper sauce
1/2 teaspoon chili powder

In a large bowl, combine beans, peppers, corn, and onion. Whisk all but hot pepper sauce and chili powder together in a small bowl, then add hot pepper sauce and chili powder to taste. Pour olive oil dressing over vegetables and mix well. Chill thoroughly and serve cold.

**2nd**

**Vegetable Salad (Bean and Pea)**
- Laura Lambruska

1 bag slightly thawed frozen peas
1 small onion, diced
1 teaspoon garlic powder
1/2 teaspoon black pepper
1/2 teaspoon salt
2 cups shredded Colby/Monterey Jack
3 tablespoons bacon bits
4 ounces diced water chestnuts (drained)
1-1/2 cups cooked, drained, mixed beans (see mix under Bean Chili recipe)
1/2 teaspoon hot pepper flakes

Add enough mayonnaise to coat and garnish with a little cheese.

**MAIN DISH**

**1st**

**Black Bean Smothered Sweet Potatoes**
- Nancy Stricker

Nancy points out that you can substitute yams for this recipe. If you prefer, you may bake the potatoes in a 425 degree oven until tender, about one hour. You may also heat the bean sauce in a pan on the stovetop.

2 medium sweet potatoes
1/2 teaspoon ground coriander
1 15-ounce can black beans, rinsed
1/4 teaspoon salt
1 medium tomato, diced
2 tablespoons reduced-fat sour cream
2 teaspoons extra-virgin olive oil
2 tablespoons chopped fresh cilantro (optional)
1/2 teaspoon ground cumin

Prick sweet potatoes with a fork in several places. Microwave on high until tender all the way through, 12 to 15 minutes. Meanwhile, combine beans, tomato, cumin, coriander, and salt in microwave-safe bowl.
Microwave on high until just heated through, 2 to 3 minutes.

When just cool enough to handle, slash each sweet potato lengthwise, press open to make a well in the center, and spoon the bean mixture into the well. Top each with a dollop of sour cream and a sprinkle of cilantro.

Cowboy Crock-Pot Beef, Bean, and Bacon - Bob Blackburn

This dish smelled so good and looked so hearty that its on my list to try very soon.

1 pound ground beef
3/4 to 1 pound bacon
1 cup onions, chopped
4 cups cooked pinto beans, drained
2 15-ounce cans pork and beans with liquid
1 cup ketchup
1/4 cup brown sugar
1 tablespoon liquid smoke
3 tablespoons white vinegar

Slice bacon into bite-sized pieces. Brown bacon, ground beef, and onions in a skillet. Place meat, bacon, and onions in a slow-cooker with the beans. In a small bowl, combine ketchup, brown sugar, liquid smoke, and vinegar. Add mixture to the beef, beans, and bacon in the slow-cooker. Stir well and cook on low for four to nine hours.

DESSERT

Only one person entered a dessert recipe this year, but the judges really liked it so it deserved first prize!

Oatmeal Chocolate-Chip (and Bean!) Cookies - Nancy Stricker

Nancy served these cookies with topping choices of plum jam or honey. They also make great “dunkers”.

Vegetable oil spray
1-1/2 cups old-fashioned oats
2 cups all-purpose flour
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
3/4 cup drained great Northern, cannellini, or any white beans, liquid reserved
1 cup firmly packed light brown sugar
2 large eggs
1 teaspoon pure vanilla extract
1 cup milk-chocolate chips

Heat oven to 350 degrees. Lightly coat 2 baking sheets with cooking spray. In a blender, process oats until finely ground but not powdery. Combine with flour, baking powder, baking soda, and salt in a bowl. In a clean blender, puree beans and 2 tablespoons reserved bean liquid until smooth. Combine bean puree, butter, sugar, eggs, and vanilla in a separate bowl and beat well. With the mixer on low speed, beat in oat and flour mixture. Stir in chocolate chips by hand. Drop batter (by the tablespoon) onto baking sheets. Bake 15 to 17 minutes until centers are firm and edges are light browned. Transfer to
Dry edible beans are characterized as nearly the perfect food because of their high protein, fiber, and vitamin content. Beans also contain high levels of flavonoids, which have been linked to reduced risks for multiple diseases such as coronary heart disease, obesity, diabetes mellitus, and cancer. Despite these attributes, other commodity crops generate higher crop prices, creating a competition for dry edible bean acres. Therefore, work is in progress at the Department of Food Science and Technology-University of Nebraska to develop dry edible bean products that target a broader market share. Entry into such markets could substantially increase dry edible bean consumption and potentially increase awareness of the nutrition and health benefits of dry edible beans.

Our flagship project consisted of developing a bean alternative to potato chips, corn nuts, or other seasoned coated finger food snacks. The steps for the conceptualized bean snack process, were soak, boil, dry and cool followed by application of a topical flavoring. The whole dry bean was used for this purpose in order to exploit its superior nutritional value. However, an initial hurdle during snack product development was to determine the cook time that provided the highest desired texture and mouth feel. Great northern, pinto, and black beans were thus cooked and dried under different parameters and the optimal cooking times were established based upon their visual, texture, flavor, and overall acceptability by a sensory panel. The impact of the established optimal cooking processes on the flavonoid levels present in each type of dry edible bean was then determined. The highly colored black and pinto beans in their raw form had similar but higher total flavonoids compared to their rather clear skinned great northern beans. Processing (boiling) leached some of the pigments from the bean skins and probably was responsible for the substantial decrease in total flavonoids in the pinto and black bean snack products. However, the flavonoid content was actually higher in the finished great northern dry bean snack compared to their raw counterparts.

Sensory panelists were also asked to compare the uncoated bean snack to typical snacks such as corn nuts, peanuts, popcorn, and roasted soybeans. These results indicated that bean snacks could compete comparably with roasted soybeans and corn nuts. A process has since been developed to apply various flavorings to the beans, (BBQ, jalapeno, sour cream & onion), which could increase market competition with these and other snacks. The great northern bean snacks maintained a more uniformly acceptable appearance across a range of colored topical dressings than did the pinto or black bean snacks and were similar to peanuts, which was true even for the cotyledon halves. From a processing/yield perspective this could be a substantial advantage, as the

**Flavonoids??**

Flavonoids are an important class of plant based compounds. Scientist have identified upwards of four thousand flavonoids or the “bioflavonoids” - when used in supplements. This number may just be the tip of the iceberg as scientists believe that many more compounds of this class still can be discovered in the plant world. As a class of plant based compounds, the flavonoids are responsible for the color in many fruits and vegetables, as well as herbs. They are also found in high amounts in most legumes, in grains, as well as nuts. Flavonoids are considered to be very beneficial compounds due to their potent nature as antioxidants. In this role, certain types of flavonoids are considered to be far more powerful than the most common antioxidants vitamin C and vitamin E at preventing cellular damage brought on by free radicals - unstable oxygen molecules which are the natural byproducts of metabolism. However, the healing potential of only a few flavonoids has been clinically investigated up till now.
UNL Bean Breeding Specialist Part of International Effort to Address Drought, Climate Change

By David Ostdiek
Communications specialist
Panhandle Research and Extension Center

The University of Nebraska-Lincoln’s efforts to develop dry bean seed that is more resistant to drought and other environmental stresses could benefit from a multinational effort to share information and combine resources that got its start recently in Colombia.

Dr. Carlos Urrea, dry bean breeding specialist at the UNL Panhandle Research and Extension Center, took part in the Nov. 2-4 conference at Cali, Colombia, hosted by CIAT, the International Center for Tropical Agriculture.

Urrea got involved because of his work developing drought-tolerant lines of dry beans for Nebraska growers. CIAT’s goal was to bring plant breeders, plant physiologists and plant genomics specialists together to share information and combine efforts to improve the common bean’s tolerance to “abiotic stresses,” environmental factors including drought, heat, flooding, low nitrogen and phosphorus levels, and poor soil fertility.

The scientists spent three days sharing information, organizing efforts and making plans. The goals are to become familiar with each others’ work, find out who is doing similar work, open lines of communication, and look for opportunities and money to collaborate. Urrea was one of about 30 scientists from the United States, Australia, Canada, Colombia, Germany, Mexico, Puerto Rico, South Africa, and other nations. Other U.S. scientists were from Michigan, North Dakota and Puerto Rico. Nebraska is the third-largest state in dry bean production, behind North Dakota and Michigan.

“This is important because they are recognizing Nebraska as one of the largest bean producers in the United States and one of the very few places in the U.S. working on drought tolerance,” Urrea said.

CIAT’s mission is reducing hunger and poverty and improving human health through research aimed at increasing the eco-efficiency of agriculture. The workshop was funded by the Worldwide Universities Network, whose aim is “to engender novel collaborations addressing plant systems, climate change and food security.”

Urrea, a Colombia native who has been at the Panhandle Center for almost six years, shared information about Nebraska dry bean production and his efforts at Scottsbluff to breed new, drought-resistant bean lines. Urrea has been testing dozens of domestic and wild strains of beans from around the world to identify genetic sources of drought tolerance, and mapping the genes responsible for drought tolerance. He also talked about studies taking place at the Panhandle Research and Extension Center into soil compaction and its effects on irrigation.

He then took part in discussions to chart a future course for cooperative efforts. The attendees developed a comprehensive work plan including sharing research materials, collaborating on grant proposals, and submitting manuscripts to a special issue of the journal Functional Plant Biology.

Urrea said the next step will be to develop a large-scale framework for a collaborative project. He expects that some research would be done at the Panhandle Center. One of the bean populations that Urrea has developed to identify genes for drought tolerance will be part of the core project.

He said he expects to seek funding through the U.S. Department of Agriculture National Institute of Food and Agriculture to map and identify mechanisms of drought resistance in dry beans, working cooperatively with scientists who were at the Colombia conference.

While he was abroad, Urrea also took part in a small conference at the National University of Colombia at Palmira to discuss a memorandum of agreement between UNL and the Colombia university. Signed in April 2010, the MOA has as its purpose establishing areas of cooperation between the two institutions, including:

- Exchange of scholars for the purpose of joint research projects, guest lectures and seminars;
- Joint publications;
- Communication and multimedia activities;
- Exchange of information on teaching programs and teaching methods;
“Breeder” continued from page 16

- Enrollment and supervision of students for up to one academic year, including the transfer of credit points to the respective home institution according to applicable guidelines.
- Specific Terms of Agreement for Student Exchange shall incorporate the terms and conditions of such study. Student exchanges at UNL shall be coordinated through the Office of International Affairs.
- Supervision of doctoral dissertations;
- Arrangements for academic internships;
- Joint conferences and seminars.

Urrea said he talked about the Panhandle Center and its programs, as well as academic departments in UNL’s Institute of Agriculture and Natural Resources, such as plant pathology, doctor of plant health, agronomy and horticulture, and graduate studies.

Continued from page NDBC page 4

lettuce, celery, and cabbage because their nutrient content is similar to those foods.

- Nutrients of Concern (p. 40)
  Dietary fiber.
  - Dietary fiber is the non-digestible form of carbohydrates and lignin. Dietary fiber naturally occurs in plants, helps provide a feeling of fullness, and is important in promoting healthy laxation. Some of the best sources of dietary fiber are beans and peas, such as navy beans, split peas, lentils, pinto beans, and black beans. Additional sources of dietary fiber include other vegetables, fruits, whole grains, and nuts. All of these foods are consumed below recommended levels in the typical American diet. Bran, although not a whole grain, is an excellent source of dietary fiber. Appendix 13 lists food sources of dietary fiber.

To meet the recommendation for fiber, Americans should increase their consumption

- of beans and peas, other vegetables, fruits, whole grains, and other foods

See “Epidemic” on page 20
WASHINGTON, Jan. 31, 2011 — Agriculture Secretary Tom Vilsack and Secretary of the Department of Health and Human Services (HHS) Kathleen Sebelius today announced the release of the 2010 Dietary Guidelines for Americans, the federal government's evidence-based nutritional guidance to promote health, reduce the risk of chronic diseases, and reduce the prevalence of overweight and obesity through improved nutrition and physical activity.

Because more than one-third of children and more than two-thirds of adults in the United States are overweight or obese, the 7th edition of Dietary Guidelines for Americans places stronger emphasis on reducing calorie consumption and increasing physical activity.

"The 2010 Dietary Guidelines are being released at a time when the majority of adults and one in three children is overweight or obese and this is a crisis that we can no longer ignore," said Secretary Vilsack. "These new and improved dietary recommendations give individuals the information to make thoughtful choices of healthier foods in the right portions and to complement those choices with physical activity. The bottom line is that most Americans need to trim our waistlines to reduce the risk of developing diet-related chronic disease. Improving our eating habits is not only good for every individual and family, but also for our country."

The new 2010 Dietary Guidelines for Americans focus on balancing calories with physical activity, and encourage Americans to consume more healthy foods like vegetables, fruits, whole grains, fat-free and low-fat dairy products, and seafood, and to consume less sodium, saturated and trans fats, added sugars, and refined grains.

"Helping Americans incorporate these guidelines into their everyday lives is important to improving the overall health of the American people," said HHS Secretary Sebelius. "The new Dietary Guidelines provide concrete action steps to help people live healthier, more physically active and longer lives."

The 2010 Dietary Guidelines for Americans include 23 Key Recommendations for the general population and six additional Key Recommendations for specific population groups, such as women who are pregnant. Key Recommendations are the most important messages within the Guidelines in terms of their implications for improving public health. The recommendations are intended as an integrated set of advice to achieve an overall healthy eating pattern. To get the full benefit, all Americans should carry out the Dietary Guidelines recommendations in their entirety.

More consumer-friendly advice and tools, including a next generation Food Pyramid, will be released by USDA and HHS in the coming months. Below is a preview of some of the tips that will be provided to help consumers translate the Dietary Guidelines into their everyday lives:

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Compare sodium in foods like soup, bread, and frozen meals and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

This edition of the Dietary Guidelines comes at a critical juncture for America's health and prosperity. By adopting the recommendations in the Dietary Guidelines, Americans can live healthier lives and contribute to a lowering of healthcare costs, helping to strengthen America's long-term economic competitiveness and overall productivity.

USDA and HHS have conducted this latest review of the scientific literature, and have developed and issued the 7th edition of the Dietary Guidelines for Americans in a joint effort that is mandated by Congress. The Guidelines form the basis of nutrition education programs, Federal nutrition assistance programs such as school meals programs and Meals on Wheels programs for seniors, and dietary advice provided by health professionals.
Dry bean growers are now using Permit® Herbicide to take out their tough broadleaf weeds.

- Sunflower
- Cocklebur
- Common Ragweed
- Lambsquarter
- Velvetleaf
- Pigweed

For more information:
Tim Hoops · (402) 470-1722
www.PermitDryBeans.com

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USDA approves Corn Amylase Trait for

Enogen™

Basel, Switzerland, February 11, 2011

- First corn output trait for ethanol industry
- Enables ethanol industry to improve efficiency and profitability
- Significant environmental benefits

Syngenta announced today it has received full deregulation for its corn amylase trait from the U.S. Department of Agriculture (USDA). This is the first genetically modified output trait in corn for the ethanol industry. By enabling expression of an optimized alpha-amylase enzyme directly in corn, dry grind ethanol production can be improved in a way that can be easily integrated into existing infrastructure. Syngenta will sell corn seed with the amylase trait as Enogen corn seed.

“Enogen corn seed offers growers an opportunity to cultivate a premium specialty crop. It is a breakthrough product that provides U.S. ethanol producers with a proven means to generate more gallons of ethanol from their existing facilities,” said Davor Pisk, Chief Operating Officer. “Enogen corn also reduces the energy and water consumed in the production process while substantially reducing carbon emissions.”

Enogen corn seed will be available from the coming growing season. This year, Syngenta plans to work with a small number of ethanol plants and corn growers in close proximity and prepare for larger scale commercial introduction in 2012. Production of Enogen corn will be managed by Syngenta using a contracted, closed production system.

The corn amylase trait in Enogen has already been approved for import into Australia, Canada, Japan, Mexico, New Zealand, Philippines, Russia and Taiwan, and for cultivation in Canada.

“Epidemic” continued from page 17

with naturally occurring fiber. Whole grains vary in fiber content. The Nutrition Facts label can be used to compare whole-grain products and find choices that are higher in dietary fiber.

Iron.
- Substantial numbers of women, who are capable of becoming pregnant, including adolescent girls, are deficient in iron. They can improve their iron status by choosing foods that supply heme iron, which is more readily absorbed by the body, as well as additional iron sources and enhancers of iron absorption such as vitamin C-rich foods. Sources of heme iron include lean meat and poultry and seafood. Additional iron sources are non-heme iron in plant foods, such as white beans, lentils, and spinach, as well as foods enriched with iron, such as most breads and cereals. However, non-heme iron is not as readily absorbed by the body.

Chapter 5. Building Healthy Eating Patterns

Focus on Nutrient Dense Foods
- A healthy eating pattern focuses on nutrient-dense foods—vegetables, fruits, whole grains, fat-free or low-fat milk and milk products, lean meats and poultry, seafood, eggs, beans and peas, and nuts and seeds that are prepared without added solid fats, sugars, starches, and sodium. (p. 46)

- The USDA Food Patterns, their lacto-ovo vegetarian or vegan adaptations, and the DASH Eating Plan are illustrations of varied approaches to healthy eating patterns. (p. 50) Compared with average consumption in the United States, these patterns feature increased amounts of vegetables, fruits, beans and peas, whole grains, fat-free and low-fat milk and milk products, and oils, and decreased amounts of solid fats, added sugars, and sodium

Summary of recommendations for beans and peas (p. 51, 52)
USDA pattern, 2,000 calories: 0.2 cups per day, under Vegetables (total 1.4 cups per week)
“Guidelines” continued from page 18

The Dietary Guidelines, based on the most sound scientific information, provide authoritative advice for people 2 years and older about how proper dietary habits can promote health and reduce risk for major chronic diseases. The Dietary Guidelines aid policymakers in designing and implementing nutrition-related programs. They also provide education and health professionals, such as nutritionists, dietitians, and health educators with a compilation of the latest science-based recommendations. The 2010 Dietary Guidelines is available at www.dietaryguidelines.gov.

For more information on dietary guidelines, see www.health.gov/dietaryguidelines and www.healthfinder.gov/prevention.

Key Terms
Nutrient dense. Nutrient-dense foods and beverages provide vitamins, minerals, and other substances that may have positive health effects with relatively few calories. Nutrient-dense foods and beverages are lean or low in solid fats, and minimize or exclude added solid fats, sugars, starches, and sodium. ... All vegetables, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, fat-free and low-fat milk and milk products, and lean meats and poultry—when prepared without adding solid fats or sugars—are nutrient-dense foods.

Appendix.
Table A2 1. Key Consumer Behaviors and Potential Strategies for Professionals (p. 65-68)
Vegetables
- Eat recommended amounts of vegetables, and include a variety of vegetables, especially dark green vegetables, red and orange vegetables, and beans and peas.
- Include vegetables in meals and in snacks. Fresh, frozen, and canned vegetables all count. When eating canned vegetables, choose those labeled as reduced sodium or no salt-added.
- Add dark-green, red, and orange vegetables to soups, stews, casseroles, stir fries, and other main and side
Is it Spring Yet?

Groundhog Day

Groundhog Day is a holiday celebrated on February 2 in the United States and Canada. According to folklore, if it is cloudy when a groundhog emerges from its burrow on this day, it will leave the burrow, signifying that winter-like weather will soon end. If it is sunny, the groundhog will supposedly see its shadow and retreat back into it burrow, and the sinter weather will continue for six more weeks. Modern customs of the holiday involve celebrations where early morning festivals are held to watch the groundhog emerging from its burrow. In southeastern Pennsylvania, Groundhog Lodges (Grundsow Lodges) celebrate the holiday with fersonmllinge, social events in which food is served, speeches are made, and one or more g’spiel (play or skits) are performed for entertainment. The Pennsylvania German dialect is the only language spoken at the event, and those who speak English pay a penalty, usually in the form of a nickel, dime, or quarter, per word spoken, put into a bowl in the center of the table.

The largest Groundhog Day celebration is held in Punxsutawney, Pennsylvania. Groundhog Day, already a widely recognized and popular tradition, received worldwide attention as a result of the 1993 film of the same name, Groundhog Day, which was set in Punxsutawney and featured Punxsutawney Phil.

History

The holiday, which began as a Pennsylvania German custom in southeastern and central Pennsylvania in the 18th and 19th centuries, has its origins in ancient European weather lore, wherein a badger or sacred bear is as the prognosticator as opposed to a groundhog. It also bears similarities to the Pagan festival of Imbolc, the seasonal turning point of the Celtic calendar, which is celebrated on February 1st and also involves weather prognostication, and to St. Swithun’s Day in July.

Historical Origins

An early American reference to Groundhog Day can be found in a diary entry, dated March 5, 1841, of Berks County, Pennsylvania storekeeper James Morris: Last Tuesday, the 2nd, was Candlemas day, the day on which, according to the Germans, the groundhog peeps out of his winter quarters and, if he sees his shadow, he pops back for another six weeks nap, but if the day be cloudy he remains out, as the weather is to be moderate.

In Scotland, the tradition may also derive from an English poem:

As the light grows longer  
The cold grows stronger  
If Candlemas be fair and bright  
Winter will have another flight  
If Candlemas be cloud and rain  
Winter will be gone and not come again  
A farmer should on Candlemas day  
Have half his corn and half his hay  
On Candlemas day if thorns hang a drop  
You can be sure of a good pea crop.

Alternative Origin Theories

In western countries in the Northern Hemisphere the official first day of spring is almost seven weeks (46-48 days) after Groundhog Day, on March 20th or March 21st. About one-thousand years ago, before the adoption of the Gregorian calendar when the date of the equinox drifted in the Julian calendar, the spring equinox fell on March 16th instead. This is exactly six weeks after February 2nd. The custom could have been a folk embodiment of the confusion created by the collision of two calendar systems. Some ancient traditions marked the change of season at cross-quarter days such as Imbolc when daylight first makes significant progress against the night. Other traditions held that spring did not begin until the length of daylight overtook night at the Vernal Equinox. So an arbiter, the groundhog/hedgehog, was incorporated as a yearly custom to settle the two traditions. Sometimes spring begins at Imbolc and sometimes winter lasts six more weeks until the equinox.

Celebrations

The largest Groundhog Day celebration is held in Punxsutawney, Pennsylvania where crowds as large as 40,000 have gathered to celebrate the holiday since at least 1886. Other celebrations of note in Pennsylvania take place in Quarryville, the Anthracite Region of Schuylkill County, the Sinnamahoning Valley, and Bucks County. Groundhog Day proponents state that the rodents’ forecasts are accurate 75-90% of the time. A Canadian study for thirteen cities in the past 30-40 years puts the success rate at 37%. Also, the National Climatic Data Center reportedly has stated that the overall prediction accuracy rate is around 39%.
dishes. Use dark leafy greens, such as romaine lettuce and spinach, to make salads.

- Focus on dietary fiber—beans and peas are a great source. Add beans or peas to salads (e.g., kidney or garbanzo beans), soups (e.g., split peas or lentils), and side dishes (e.g., baked beans or pinto beans), or serve as a main dish.
- Keep raw, cut-up vegetables handy for quick snacks. If serving with a dip, choose lower calorie options, such as yogurt-based dressings or hummus, instead of sour cream or cream cheese-based dips.
- When eating out, choose a vegetable as a side dish. With cooked vegetables, request that they be prepared with little or no fat and salt. With salads, ask for the dressing on the side so you can decide how much you use.

- When adding sauces, condiments, or dressings to vegetables, use small amounts and look for lower calorie options (e.g., reduced-fat cheese sauce or fat-free dressing). Sauces can make vegetables more appealing, but often add extra calories.

Appendix 7. USDA Eating Patterns (p. 79) 
1/2 cup/week (1,000 calories) to 3 cups/week (3,200 calories) servings of beans and peas (legumes) as a vegetable

Appendix 8. Lacto-ovo Adaptation (p. 81) 
1/2 cup/week (1,000 calories) to 3 cups/week (3,200 calories) servings of beans and peas (legumes) as a vegetable PLUS 3 1/2 oz-equivalent/week (1,000 calories) to 12 oz-equivalent/week (3,200 calories) per week (0.8 – 3 cups per week) as a protein

Appendix 9. Vegan Adaptation (p. 82) 
1/2 cup/week (1,000 calories) to 3 cups/week (3,200 calories) servings of beans and peas (legumes) as a vegetable PLUS 5 oz-equivalent/week (1,000 calories) to 17 oz-equivalent/week (3,200 calories) per week (1 1/4 – 4 1/4 cups per week) as a protein

Appendix 10. DASH Eating PLAN (p. 83) 
3 1/2-cup servings/week (1,200 calories) to 7 1/2-cup servings/week (3,100 calories) servings of beans and peas (legumes) (1 1/2 – 3 1/2 cups/week) as a protein

Appendix 13. Selected Food Sources Ranked By Amounts of Dietary Fiber and Calories Per Standard Food Portion (p. 88) 
At the top of the chart: Beans (navy, pinto, black, kidney, white, great northern, lima), cooked
Third item: Split peas, lentils, chickpeas, or cowpeas, cooked
Listing includes calories and fiber per 1/2-cup portion
We are updating our mailing list for “The Bean Bag”. If your mailing address has changed, please call 308-633-1387 or mail the changes to us. If you raise beans, are a land owner or a bean processor, and do not receive our publication, please let us know.

Also, contact us if you are no longer involved in the bean industry, but still receive “The Bean Bag”.

We are committed to using your check-off Dollars wisely!
2011 NDBC meets with Nebraska Representatives in Washington, DC

From January 29 to February 2, 2011 members of the Nebraska Dry Bean Commission traveled to Washington, DC to attend the US Dry Bean Council’s winter meeting. While in Washington, DC the group had the opportunity to meet with Senator Mike Johanns, Senator Ben Nelson, and Congressman Adrian Smith regarding issues concerning the Nebraska dry bean industry. One might think the attitude in Washington, DC is all doom and gloom as the Congress and Senate start discussions about the upcoming budget. With the need for impending budget cuts, our Nebraska Representatives recognized the importance of continued funding for Market Access Program (MAP) and Foreign Market Development (FMD) to the Nebraska dry bean industry.

The Nebraska Dry Bean Commission appreciates the support the Nebraska Representatives give to the Nebraska dry bean industry. On Monday January 29th, Nebraska Dry Bean Commission members met with John Berge, Acting Assistant Secretary USDA, to discuss issues of concern to the Nebraska dry bean industry and opportunities for increased consumption of dry beans within the National Child Nutrition programs. Mr. Berge’s past and present support of the Nebraska dry bean industry is greatly appreciated.
By Nolan Berry

With the recent cold weather, many of us are already getting the itch for spring thaw and warmer weather and starting to plan for the 2011 growing season. January 29th through February 2, 2011 several members of the Nebraska Dry Bean Commission attended the US Dry Bean Council’s winter meeting held in Washington, DC. As part of this year’s meeting, the USDBC held a strategic planning session. This session was an opportunity for all stakeholders in the US dry bean industry a chance to share their vision for our industry. It is always amazing to me the different ideas that come out of these “brain storming” sessions when we all work together for one common goal. NDBC members attending this year’s meeting were: Kenneth Rhoades, Nebraska’s USDBC delegate, Charlie Witmer, USDBC alternate, Wes Ulrich, Jack Reveille, Lynn Reuter and I.

While in Washington, DC, the Nebraska delegation had the opportunity to visit with John Berge, USDA Acting Assistant Secretary, Senator Mike Johanns, and staff members of Senator Ben Nelson and Congressman Adrian Smith’s office. Having the opportunity to meet face to face with our Nebraska Representative’s is very important.

Senator Ken Schilz has introduced LB 394, a bill that will revise the current Dry Bean Resources Act, to revise the provision whereby dry bean grower candidates will no longer be required to submit signature petitions signed by twenty-five dry bean growers in a representative district. With the passing of LB 394, the Commission hopes to see increased interest by dry bean growers in Nebraska interested in serving on the Commission. I would encourage anyone interested in learning more about the Commission to feel free to call any of the current Commission member’s, you can find their contact information on this page of the Bean Bag.

We will soon wrap up another year of the New Pork and Bean recipe challenge. Again this year, the NDBC and the Nebraska Pork Producers Association sponsored a consumer recipe challenge received excellent participation from cooks across Nebraska and the U.S. Watch the Bean Bag for the announcement of the winning recipes.
Announcement of 2011 Nebraska Dry Bean Commission Openings

The Nebraska Dry Bean Commission announces that the following processor and grower representatives terms will expire on May 30, 2011.

- **Process Representative** – Nolan Berry has served on the Commission as a Processor Representative since 2008. Nolan is eligible for reappointment as a Processor Representative. This is a Governor appointed position.

- **Grower Representative District I – Representing dry bean growers in District I (Box Butte, Sioux, Dawes and Sheridan Counties)**. Steve Benzel of Alliance, NE has served as the District I Grower Representative since May 2008, Steve is eligible for reappointment for Grower Representative for District I. This is a Governor appointed position.

- **Grower Representative District III – Representing dry bean growers in District III (Banner, Kimball, Morrill, Cheyenne, Garden, and Deuel)** By Governor Heineman’s authority Jack Revelle has been approved to serve in this position until a successor could be named. This is a Governor appointed position.

- **Grower Representative District IV – Representing dry bean growers in District IV (All counties east of the Panhandle)** By Governor Heineman’s authority Kenneth Rhoades has been approved to serve in this position until a successor could be named. This is a Governor appointed position.

- **At-Large Grower Representative for District I & II** - Mark Watson, Alliance, NE has served as At-Large Grower Representative for District I & II for three consecutive three year terms and is not eligible for reappointment due to term limits.

- **At-Large Grower Representative for District III & IV** - This position is currently vacant.

All candidates wishing to apply for appointment to the Commission may place their names on the candidacy list for the respective district by filing a petition signed by at least twenty-five resident dry bean growers of such representative district. Interested parties must be personally engaged in the growing of dry edible beans within the above mentioned districts.

**Grower applicant’s qualifications include:**
- Citizen of Nebraska
- At least 21 years of age
- Have actually been engaged in the growing of dry edible beans in the state of Nebraska for at least three years
- Derive a substantial portion of their income from growing dry edible beans

**Processor applicant’s qualifications include:**
- Dry bean processor who have been in business in Nebraska for at least three years and are a citizen of Nebraska.
- It is Commission policy that only one person from a company or grower cooperative may be on the Commission at one time.

Applications may be obtained from the Nebraska Dry Bean Commission office at 4502 Avenue I, Scottsbluff, NE phone number 308-632-1258, during regular business hours. All applications must be received in the Nebraska Dry Bean Commission office no later than 5:00 PM on April 14, 2011. Interested parties seeking further information are encouraged to contact any of the current Commission members or by calling the Commission office.
USDA and HHS Announce New Dietary Guidelines to Help Americans Make Healthier Food Choices and Confront Obesity Epidemic

On January 31, 2011, Agriculture Secretary Tom Vilsack and Secretary of the Department of Health and Human Services (HHS) Kathleen Sebelius announced the release of the 2010 Dietary Guidelines for Americans, the federal government’s evidence-based nutritional guidance to promote health, reduce the risk of chronic diseases, and reduce the prevalence of overweight and obesity through improved nutrition and physical activity.

The 2010 Dietary Guidelines for Americans are highly favorable toward beans and peas. In addition to mentions in lists of healthy eating, beans and peas are featured in a sidebar, Beans and Peas are Unique Foods, where they are described as excellent sources of protein, fiber, potassium, and folate.

The guidelines encourage bean intake for the general public in a range that is similar to the 2005 range – ½ cup to 3 ½ cups – and suggests higher weekly amounts for vegetarians and vegans. Beans are classified as both vegetables and protein in the new guidelines, as they were in the 2005 guidelines.

Beans continue to be recognized as nutrient-dense foods. Beans are called out in the following sections:

Executive Summary
Dietary Guidelines recommendations encompass two overreaching concepts: Maintain calorie balance over time to achieve and sustain a healthy weight. Focus on consuming nutrient-dense foods and beverages. Americans currently consume too much sodium and too many calories from solid fats, added sugars, and refined grains. These replace nutrient-dense foods and beverages and make it difficult for people to achieve recommended nutrient intake while controlling calorie and sodium intake. A healthy eating pattern limits intake of sodium, solid fats, added sugars, and refined grains and emphasizes nutrient-dense foods and beverages – vegetables, fruits, whole grains, fat-free or low-fat milk and milk products, seafood, lean meats and poultry, eggs, beans and peas, and nuts and seeds.

Chapter 2: Balancing Calories to Manage Weight

… When choosing carbohydrates, Americans should emphasize naturally occurring carbohydrates, such as those found in whole grains, beans and peas, vegetables, and fruits, especially those high in dietary fiber, while limiting refined grains and intake of foods with added sugars. (p. 16)

Chapter 4: Foods and Nutrients to Increase

- Eat a variety of vegetables, especially dark-green and red and orange vegetables and beans and peas; choose a variety of protein foods, which include seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds (p. 34)
- **Chart – Beans and Peas are Unique Foods** (p. 35)
  - Beans and peas are the mature forms of legumes. They include kidney beans, pinto beans, black beans, garbanzo beans (chickpeas), lima beans, black-eyed peas, split peas, and lentils.
  - Beans and peas are excellent sources of protein. They also provide other nutrients, such as iron and zinc, similar to seafood, meat, and poultry.
  - They are excellent sources of dietary fiber and nutrients such as potassium and folate, which also are found in other vegetables.
  - Because of their high nutrient content, beans and peas may be considered both as a vegetable and as a protein food. Individuals can count beans and peas as either a vegetable or a protein food.
  - Green peas and green (string) beans are not considered to be “Beans and Peas.” Green peas are similar to other starchy vegetables and are grouped with them. Green beans are grouped with other vegetables such as onions.

See “Epidemic” on page 17