USDA Rattler is a high yielding pinto bean with resistance to potyvirus (BCMV, BCMNV) and bean rust, that performs well under abiotic stress (drought, low soil fertility) conditions.

The high yield potential exhibited across trials conducted in the Pacific Northwest, Intermountain Region, and Northern Plains will contribute to broad adaptation of this cultivar. It has upright architecture and resistance to lodging which promote harvestability. Seed has acceptable canning quality, size, color and appearance, which favor marketability.

2021 Top yielder in the Nebraska Variety Trials Scottsbluff (PREC):
5210 lbs. per acre, (86.8 bushels/acre)

2021 Top yielder in the KB strip trial in the Gering Valley:
3447 lbs. per acre, (57.7 bushels/acre)

PVPC# 202000255

THE USDA/ARS HAS APPLIED FOR PLANT VARIETY PROTECTION FOR USDA RATTLER. USDA RATTLE IS LICENSED TO KELLEY BEAN CO. INC. UNAUTHORIZED PROPAGATION OF THIS VARIETY IS PROHIBITED
Bean harvest is rolling along and will be complete for most growers in the next few days or weeks. Yields have been mixed and many producers faced some extreme weather throughout the season, severely reducing or eliminating the harvest. Every year presents its own challenges for growers to manage. Early season rain and cool weather delayed planting while rains continued early in the growing season. Although it made it nice to delay irrigation startup, it presented issues with timely field operations including herbicide applications and cultivation. Along with the above normal rainfall came a more active severe weather season and many of us faced severe damage from summer hail storms. Fields in areas that avoided the worst of the thunderstorms are seeing some good yields. The dry bean growers have done a great job of meeting the challenges presented to them to produce a crop to feed the world. You have all done a great job! With bean harvest nearly done, corn and sugar beet harvest is ramping up and I hope everyone has a safe and successful completion of the crop year.

$50
Pictures for “The Bean Bag”.
If your picture makes the cover, we’ll pay you a reward.
(The picture must be about beans)
Please send all pictures as an attachment to our email at:
nebeangrower@allophone.com
On a side note, we’re also looking for anyone interesting in being part of a feature article.

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.

“The Bean Bag” is published four times a year: Winter, Spring, Summer, and Autumn editions by the Nebraska Dry Bean Growers Association, a nonprofit organization of dry edible bean growers in Nebraska.

Publishing articles or advertisements in “The Bean Bag” does not constitute an endorsement of the views or products by the Nebraska Dry Bean Growers Association.

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The Bean Bag
4502 Avenue I, Scottsbluff, NE
308-633-1387
Editor: Lesli Howell

Subscriptions to “The Bean Bag” for Nebraska dry bean producers are provided compliments of the Nebraska Dry Bean Commission. Others may purchase subscriptions for $30 a year by sending a check and subscription information to the Nebraska Dry Bean Growers Association, 4502 Avenue I, Scottsbluff, NE. 69361.

Ted Standage – Alliance – 308.762.1866
Trevor Schwartz – Bayard – 308.586.1010
Amador Vergil – Bridgeport – 308.262.1361
Courtney Schuler – Gering – 308.225.1775
Jack Schnieder – Imperial – 308.882.4363

Tailgate Tuesdays:
Join us the 1st Tuesday of each month at our Gering location for lunch!
1/2 mile South of Sandberg’s on Hwy 71
The Right Choice for Growing Business www.TrinidadBenham.com
There are a lot of happenings surrounding the completion of bean harvest (yea!) and NDBGA; several of which are listed below.

Please plan on joining us for the 2024 Bean Day and Annual Meeting on Tuesday, February 13th, 2024 at the Gering Civic Center. Currently in the planning stages, we hope to attract speakers and topics that will be of interest to everyone.

Go down in history by naming one of the new bean releases that Carlos has developed for our area! Details for this contest can be found in subsequent pages. Have fun and enjoy this activity!

Also, don’t forget about the NDBGA scholarship that is due January 1, 2024. The scholarship is available to children and grandchildren of NDBGA members, so we encourage you to apply!

Finally, good luck with harvest, stay SAFE, and best wishes for the upcoming holidays!
Carlos A. Urrea, Dry Bean Breeding Specialist at the University of Nebraska Agricultural Research Division has released two new dry bean varieties developed specifically for our western Nebraska growing conditions. *They need a name.* We are holding a contest where anyone can submit suggestions on what these dry bean varieties should be called. Suggestions can be emailed to the Nebraska Dry Bean Growers Association by **12/1/2023** at nebeangrower@allophone.com. There is no limit on the number of names that you provide, but they must be professional, not currently being used, and relevant to western Nebraska. Prizes and winners will be contacted and announced in an upcoming edition of the Bean Bag.

**NE1-17-36   Great Northern**

The great northern common bean line, **NE1-17-36**, was developed by the Dry Bean Breeding Program at the University of Nebraska Agricultural Research Division. NE1-17-36 was bred specifically for adaptation to western Nebraska growing conditions, upright plant architecture, and enhanced resistance to bean rust and common bacterial blight (CBB). NE-17-36 has high yield potential, broad adaptation to Nebraska, upright plant architecture, good seed quality, and resistance to the CBB, rust, and bean common mosaic virus (BCMV) pathogens. NE1-17-36 is a single cross of GN9-4 /// NE2-06-8 /// BelDakMi 22 / ABCP17) // 2630.

NE1-17-36 has an upright Type 2b indeterminate growth habit with an upright plant architecture. It is a midseason bean, blooming 45 d after planting and maturing 92 d after planting. NE1-17-36 has white flowers and a bright white seed coat.

**NE1-17-10   Slow Darkening Pinto**

Slow-darkening common bean line, **NE4-17-10**, was developed by the Dry Bean Breeding Program at the University of Nebraska Agricultural Research Division. NE4-17-10 was bred specifically for adaptation to western Nebraska growing conditions, upright plant architecture, and enhanced resistance to bean rust and common bacterial blight (CBB). NE4-17-10 has high yield potential, broad adaptation to Nebraska, upright plant architecture, good seed quality, and resistance to the CBB, rust, and bean common mosaic virus (BCMV) pathogens. NE4-17-10 is a single cross of NE4-13-42/13IDPT54 (SD Rust Variable).

NE4-17-10 has an upright Type 2b indeterminate growth habit with an upright plant architecture. It is a midseason bean, blooming 43 d after planting and maturing 89 d after planting. NE4-17-10 has white flowers and a bright slow darkening pinto seed coat.
To View the USDA Weekly Bean, Pea, and Lentil Market Report, access the following website:

https://www.ams.usda.gov/market-news/livestock-poultry-grain

Under "grains", select dry edible beans, peas and lentils.

**SAVE THE DATE!!**

*2024 Bean Day*

**Tuesday, Feb. 13th**

**USDA released their June quarterly stocks and planted acreage report.**

The area planted to dry edible beans in 2023 is estimated at 1.21 million acres. That’s down three percent from last year. Seven of the nine reporting states, including North Dakota and Minnesota, had a drop in dry bean acreage.

The Nebraska Dry Bean Commission (NDBC) presented a check for $6,500 to the Nebraska Farm Bureau Foundation to support “Ag in the Classroom” on Thursday, July 27, at the UNL Panhandle Research Extension and Education Center in Scottsbluff. Presenting the check were, second from left, Chris Kelley, vice chair of the NDBC, and left, Dan Hinman, president of the Nebraska Dry Bean Growers Association, to Mark McHargue, president of NEFB, and Lynn Reuter with the NDBC.

**Northern Feed & Bean**

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NorthernFeedandBean.com
Nebraska Dry Bean Growers Association (NDBGA) is offering a college scholarship opportunity for children and grandchildren of a NDBGA member. These scholarships are for students pursuing a degree related to agriculture and are available for any college class level, and for non-traditional students.

Applications must be received in the NDBGA office, 4502 Avenue I, Scottsbluff, NE 69361 by mail, email or dropped off before 5:00 pm, January 1st, 2024. The scholarships awards will be presented during our 2024 Bean Day and you will be invited to attend.

PDF version can be downloaded from http://www.beangrower.com/latest-newsadditional-resources.html

Date: ___________________________________________________________________________________________________
Name: __________________________________________________________________________________________________
Address: ________________________________________________________________________________________________
Telephone: ________________________ Date of Birth: ________________________ Email: __________________________

Name and address of Parents or Grandparents:
________________________________________________________________________________________________________

Name and Address of College/University attending or planning to attend:
________________________________________________________________________________________________________

Course of Study: _________________________________________________________________________________________
Expected Graduation date: ________________________

Please type responses to the following questions on a separate piece of paper and keep each response to 200 words or less.

1. List your scholastic achievements (GPA, academic awards, scholarships, etc.) Include a copy of your current transcript and an up to date resume of your work history.

2. List offices held in high school or college, projects directed, athletic involvement, band, choir, FFA, student council, boys/girls state, etc.

3. Include community service, theatre groups, coaching and any other volunteer activities which have contributed to the betterment of your community.

4. Personal statement that addresses your experience with agriculture and future plans or career goals regarding agriculture.

5. Two letters of reference addressing your potential for success: one from a teacher, counselor or principal and another from a non family member.

6. Recent photo of yourself to be used in media if you are selected to receive one of the two scholarships.

**Scholarship winners will be contacted prior to February 1st and invited to attend the 2024 Bean Day February 13th, at Gering Civic Center. Please be prepared to give a short acceptance speech.

**By signing this application you agree that Nebraska Dry Bean Growers Association may use your name and photo in media announcements and their Spring 2024 edition of “The Bean Bag”.

SIGNATURE: _____________________________________________________________
“Beans take too long to cook.” We’ve probably all heard this statement more times than we care to count. But, what if there were ways to help beans cook more quickly?

My research at Colorado State University (CSU) focuses on how to get people eating more beans, so that we can all reap the many environmental and human health benefits associated with this incredible food. Research shows that one of the main barriers to eating more beans is long cooking times. Plus, cooking with dry beans can be confusing or feel overwhelming for consumers wanting to try it for the first time. For this research, I partnered with Dr. Carlos Urrea of UNL and Dr. Karen Cichy in Michigan to investigate simple, accessible tips that will help beans cook more quickly. If people have a positive experience cooking dry beans, they are more likely to continue doing so.

To help control for some of the variables that can influence cooking time, we used pinto beans (Monterrey variety) grown in the same location. A Mattson cooker was utilized to measure cooking time. This video demonstrates how a Mattson cooker works to standardize data collection: https://www.youtube.com/shorts/3rMvHuVxKDA, or scan the QR code.

Elevation is one factor that can greatly impact cooking time, with dry beans taking longer to cook as elevation increases. Four different elevations were tested in this study, as shown in Table 1.

<table>
<thead>
<tr>
<th>Location</th>
<th>Elevation</th>
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<tr>
<td>East Lansing, Michigan</td>
<td>863 ft (263 m)</td>
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<tr>
<td>Scottsbluff, Nebraska</td>
<td>3,937 ft (1200 m)</td>
</tr>
<tr>
<td>Fort Collins, Colorado</td>
<td>5,148 ft (1,569 m)</td>
</tr>
<tr>
<td>Leadville, Colorado</td>
<td>10,253 ft (3,125 m)</td>
</tr>
</tbody>
</table>
Seven different cooking conditions were examined. A cooking condition represented the combination of the soaking method and the salt added to the soaking water. The two soaking methods used were a traditional overnight soak, and a quick soak (i.e., boil the beans for a few minutes, let them sit for 1 hour, and then proceed as if you had done an overnight soak). To the soaking water, one of the following was added: (1.) water only; (2.) a 1% solution of sodium chloride, or table salt, in water; or (3.) a 1% solution of sodium bicarbonate, or baking soda. There was also one comparison condition, with no soaking and no salt added. The seven cooking conditions are shown in blue circles in the figure 1 below.

The average cooking times for each location and cooking condition are shown in Table 2. Cooking times are shown in minutes ± standard deviation (SD). The abbreviations mean: (1.) NaCl = 1% sodium chloride (table salt) soaking solution; (2.) NaHCO3 = 1% sodium bicarbonate (baking soda) soaking solution. As shown in Table 2, cooking time increased with elevation. Looking at the comparison condition of no salt and no soak, the average cooking time at the elevation in Michigan – close to sea level – was about 88 minutes. Above 10,000 feet in Leadville, the beans took 296 minutes to cook. Moreover, soaking the beans reduced cooking time, as we would expect. This was true with both the overnight soak and the quick soak.

The effects of elevation and soaking conditions on dry bean cooking time. Legume Sci. 2023, e207.

Table 2 is published in Legume Science: Didinger, C.; Cichy, K.; Urrea, C.; Scanlan, M.; & Thompson, H. J. The effects of elevation and soaking conditions on dry bean cooking time. Legume Sci. 2023, e207.
One common point of confusion around cooking dry beans is the addition of salt. Many chefs will tell you that adding salt to the beans before they are fully cooked can prevent them from softening. As you can see in Table 2, we found this to be the opposite of the truth. In fact, adding salt helped the beans cook faster. Thus, if you are not on a salt-restricted diet, adding salt not only makes the beans more flavorful, but it gets them on your table more quickly. Baking soda shortens cooking time more than table salt. However, it can make the beans very soft, so experiment with this method to see if you like it. Rinsing the beans after soaking them in baking soda helps prevent any off flavors from the baking soda.

Findings from this study were combined with evidence from the scientific literature to create a CSU Extension handout (see following page). The handout is being distributed to people online and through classes and various venues.

###

Chelsea Didinger (aka Legume Lady) is a Nutrition PhD student living in Colorado. Scheduled to graduate Fall 2023, her doctoral research focuses on legumes (pulses, in particular) and outreach. You can follow her on A Legume a Day, [https://alegumeaday.com/](https://alegumeaday.com/)
Tips for Cooking with Dry Beans and Other Pulses

Are you looking for ways to incorporate dry beans and other pulses in your kitchen routine but wanting to shorten cooking time? 'Pulses' include dry beans, in addition to chickpeas, dry peas, black-eyed peas, and lentils. Here are some helpful tips!

Soak
Soaking gives pulses time to soak up water before you begin cooking, shortening cooking time. However, avoid using hard water because it can prevent pulses from softening.

Add Salt
There is a common myth that adding salt prevents dry beans from softening. However, adding salt actually shortens cooking time and can improve appearance by helping prevent pulses from bursting open during cooking. Plus, it adds flavor.

Hold Acidic Ingredients Until the End
Acidic ingredients—like lemon juice or tomatoes—can prevent pulses from softening. If you are adding a large amount of acidic ingredients, wait until the end, when the pulses have already softened.

Store Beans Well
Pulses that have not been stored properly can dry out sooner and will become harder to cook. Store pulses in a well-sealed container in a cool, dark, dry place.

Find Fresh Beans
As pulses age, they lose moisture. The drier they become, the longer it can take for them to cook, and eventually it may be almost impossible to get them to soften, even with extended cooking. Try to purchase pulses that have been harvested more recently.

Pick Your Pulse
Some pulses cook much faster than others. For example, lentils do not need to be soaked and they cook quickly, especially red lentils.

Remember Elevation
Pulses take longer to cook at higher elevations, so a pressure cooker can be your friend and speed up cooking. Cooking times need to be adjusted accordingly, even in an electric pressure cooker. The recommendation is to increase cooking time by 5% for every 1,000 feet above 2,000 feet elevation, so cooking at 7,000 feet above sea level may take 25% longer.

Fun in the Kitchen! Food Science in Action
Save the aquafaba, or the cooking liquid from different pulses. It whips up like egg whites and can be used as a vegan egg white substitute.

© Colorado State University Extension. 2022
In what is almost an annual visit to the University of Nebraska-Lincoln Panhandle Research Extension and Education Center, Timothy Porch, research geneticist at USDA/ARS in Puerto Rico, scouted the dry edible bean plots with tepary beans.

“I visit Carlos Urrea (Nebraska Extension dry bean breeding specialist) almost annually because we have collaborative research work together. We improve (dry edible) beans primarily for drought tolerance, but also for heat and multiple disease resistance.”

In their research studies, Porch and Urrea send beans back and forth between Nebraska and Puerto Rico. This is called shuttle breeding, and it can double the progress of their studies. So, when Nebraska is in winter, Puerto Rico is in its growing season, and vice versa.

One of the promising bean lines they are working on is with tepary beans. Tepary beans are native to areas in the Sonora Desert between Arizona, Mexico, and New Mexico. The beans are a different species than the common bean, which includes most dry bean varieties like northern and pinto beans, but they are closely related.

Porch has been working with tepary beans for more than 10 years. Urrea and Santos Barrera, a previous UNL graduate student, had been working with moving genes from the tepary to the common bean in the past few years.
“They have identified bridging parents for transferring genes for heat and drought. We looked at some of the lines recently (Aug. 23), and some have promise. We’re gradually moving those into more and more commercial types. It’s a longer process cause they’re very distant genetically we have to move those traits into commercial beans, but they look very good,” Porch said.

The interspecific lines are something that has just been developed between the two species. The team used lines from a few different programs to develop the lines, creating a set of 192 lines from different sources, but all have tepary bean components.

“We’ll be genotyping, which means we’re doing sequencing on each line and testing for common bacterial blight, drought response, and root rot resistance. We’ll also test the seed elemental composition for protein, zinc, iron, and other elementals for nutritional value,” Porch said.

The tepary beans are just one of many species growing in the collaborative nurseries, Urrea coordinates. The many cooperative nurseries growing dry beans are a key component of the many improvements in the U.S. in both public and private sectors. The companies or institutions submit their best lines to be tested in different environments, gaining knowledge of where beans are best adapted and the target environments for production.

###
Often, the risk of failure for a farm or ranch caused by the death or disability of a young person is much greater than the loss of an older member of the operation. The loss of a young person is usually unexpected. Young people are often not as financially stable, have young families, and provide the bulk of manual labor. Estate planning is something anyone over the age of 18 should do, regardless of how little or how much they have in assets.

Before you meet with your estate planning Attorney, ask yourself the following questions:

1. If I am unable to make financial or business decisions, who do I trust to make them for me?
2. If I am unable to make healthcare decisions for myself, what type of care do I want and who do I trust to make these decisions for me?
3. If I die today, what do I want to happen to my stuff?
4. If I die today, what are my family's financial needs?

Here are the key components of an estate plan for a young farmer or rancher:

1. **Power of Attorney** - A Power of Attorney allows you to designate a trusted person (an agent) to make financial or business decisions on your behalf while you are alive but unable to make these decisions yourself. This power can be limited to specific decisions or situations. A Power of Attorney expires at death.

2. **Living Will or Advanced Medical Directive and Power of Attorney for Healthcare** - One of the more difficult decisions to make is your wishes for medical care. In a “Living Will” or “Advanced Medical Directive” you will outline what types of medical care you want to receive when you are unable to make them yourself, such as life support. In addition to this document, you should also appoint a Power of Attorney for Healthcare. This person does not have to be the same person who you chose to handle your business affairs.

3. **Wills and beneficiaries** - The final document that you will need is a Will. This document will...
provide directions to your personal representative on how to distribute your assets at death. In addition to a Will, you should review how your assets and financial accounts are titled, including any beneficiary, Payable On Death, or Transferable On Death designations. Assets with specific types of ownership or beneficiaries will pass outside of your Will. Make sure that these assets and accounts are titled/designated according to your wishes. Most checking, savings, and retirement accounts have these designations.

4. Consider Life Insurance - You should also discuss life insurance policies with your insurance provider. Life insurance can help you provide financial support for your family if you die. This could be a small policy covering funeral expenses. Or it could be a large policy assisting your family to pay off debt and cover living expenses as they adjust to a lower income. There are several kinds of Life Insurance policies available. Work with your agent to select the right policy for your coverage needs.

Finally, organize your important documents and put them in a safe place. In addition to the items above include: important passwords, keys, account information, insurance policies, loan documents, lease agreements, titles, and any other information that your power of attorney or personal representative would need.

Estate planning is a continuous process, not a one-time task. Your plan will change as you get older. You may get married, divorced, have kids, etc. Make sure at each of these big life events, you review and update your plan.

###

**Answer: Black Eyed Peas**

(from page 10)

Black-eyed peas (Vigna unguiculata) are a variety of the cowpea and are part of the family of beans & peas (Leguminosae or Fabaceae in the USA). Although called a pea, it is actually a bean. They are marketed as a dry bean and NDBC does receive checkoff income from them.

Fun Facts about black-eyed peas:
- Cultivated since pre-historic times in China and India, they are related to the mung bean. The ancient Greeks and Romans preferred them to chickpeas.
- Brought to the West Indies by enslaved West Africans, by earliest records in 1674.
- Originally used as food for livestock, they became a staple of the slaves’ diet. During the Civil War, black-eyed peas (field peas) and corn were thus ignored by Sherman’s troops. Left behind in the fields, they became important food for the Confederate South.
- In the American South, eating black-eyed peas and greens (such as collards) on New Year’s Day is considered good luck: the peas symbolize coins and the greens symbolize paper money.
- They are a key ingredient in Hoppin’ John (peas, rice and pork) and part of African-American “soul food.”
- Originally called mogette (French for nun). The black eye in the center of the bean (where it attaches to the pod) reminded some of a nun’s head attire.
The dry bean harvest is underway across the Panhandle. At the University of Nebraska-Lincoln Panhandle Research Extension and Education Center in Scottsbluff, Carlos Urrea, UNL dry bean breeder, has been hand-selecting dry bean plants for research. Urrea and his team go into the fields before harvest and pull out the dry bean plants with desired traits.

“We have been selecting for earliness, plant architecture, and also for common bacterial blight resistance,” he said.

The dry edible beans in Urrea’s plots are fourth generation and include pintos, great northern, and cranberries. He and his team of undergraduate students and summer workers are threshing the beans. Some of the pods have common bacterial blight, those beans are rejected if the plant has more than 20 to 30 percent of blight.

“If they have intermediary maturity or are lying on the ground, they are also rejected,” Urrea said.

The group was joined by Kainyon Tay, head of the legume program in Chile with the National Research Institute of Ministry of Agriculture (INIA), on Sept. 19. He walked some plots with them, picking and choosing quality bean plants.

“I have sent him some Chilean (dry bean) lines, like Tortola. Carlos crosses them with beans that have resistant genes for bean mosaic virus, a disease problem in Chile,” Tay said.

Urrea and Tay are both part of the international nursery, where the breeders shuttle beans back and forth to shorten the breeding process. Chile is one of the nurseries Urrea uses to advance his bean program, so the beans grow by two generations a year.

“It (nurseries) makes the program more efficient,” Urrea said. “This year, we are rejecting about 30 percent of the lines in the field and not harvesting them”
The dry beans, which make the cut, will be sent off to Chile, New Zealand, Australia, and Puerto Rico to be grown. In the Spring of 2024, the next generation will return to be planted in the Panhandle.

###

In a dry edible bean plot at the UNL PREEC Mitchell Lab, Maria Alvarado, UNL graduate student, left, Kainyon Tay, head of the legume program in Chile, and Carlos Urrea, UNL dry bean breeder, look for desirable bean plants. Photo by Chabella Guzman

New Alliance processes Great Northern and Pinto dry edible beans in Alliance, Bridgeport and Gering, Nebraska. We specialize in providing canning quality beans to food companies around the world. The finished product is milled to customer specifications and packed in a variety of ways, including bulk totes and paper or poly bags from 20 lbs. to 50 kilos.

(308) 762-8014 • P.O. Box 619 • 2371 Hwy. 2 • Alliance, NE 69301
Inquire today about representing your fellow growers on the Nebraska Dry Bean Growers Association Board of Directors!

What is the Purpose of the NDBGA?

To represent Nebraska Dry Bean Growers and to develop programs and activities in the following areas:

- **Research and education**: Promote research and informational programs in dry bean production, marketing, and utilization to include,
  - Hosting the Annual Meeting & Bean Day
  - Sponsoring PARTT
  - Publishing The Bean Bag
- **Sales, promotion and market development**: Seek ways to develop, promote and maintain domestic foreign markets for dry beans.
- **Service**: Carry out activities for improving the conditions under which dry beans are produced and marketed including cooperation with local, state, national, and international governments. Act as the lobbying arm for government policies that impact the dry bean industry.

Benefits of Serving?

- **Insight** into bean marketing and new varieties that may or may not be working in our area.
- **Influence political policies** that impact the bean industry on a local and national level.
- **Network** with fellow growers and industry members from across the US.
- Opportunity to **grow your knowledge** of the importance of Nebraska grown dry edible beans on a state, national and international basis.
- **Represent** the Nebraska dry bean industry through attending meetings or participating in global trade missions and activities.

Other Important Information:

- 12 members, (growers from all districts and 3 At-Large representatives)
- 4-5 meetings annually, with video conferencing capabilities
- 3-year terms and are eligible to serve up to consecutive terms

Elections held at the Annual Meeting on Bean Day every February

For more information please contact any current board member or our office: NDBGA office at 308-633-1387 or e-mail: nebeangrower@allophone.com
Stronger plants are your best protection

West Nebraska Seed and Chemical
Scottsbluff, NE
308-635-9976

Mixed Bean Stew with Cottage Dumplings

Makes 6 servings

**STEW INGREDIENTS**

- 2 cups cooked great northern beans or 1 can (15 oz.) of either great northern, cannellini, or navy beans; rinsed and drained
- 2 cups cooked or 1 can (15 oz.) black beans; rinsed and drained
- 1 cup chopped red bell pepper
- 2 TBSP chopped fresh or 2 tsp dried basil leaves
- 2 tsp. olive or vegetable oil
- 1/4 tsp pepper
- 2 cloves garlic, finely chopped
- 1 can (15 oz.) tomato sauce

**COTTAGE DUMPLING INGREDIENTS**

- 1 cup shredded reduced-fat Monterey Jack cheese (4 ounces)
- 2/3 cup cooked fresh, frozen (thawed) or canned (drained) whole kernel corn
- 1/2 cup all-purpose flour
- 1/2 cup nonfat cottage cheese
- 1/3 cup soft whole grain or white bread crumbs
- 1/3 cup stone-ground or degeminated cornmeal
- 2 egg whites

**Preparation**

Prepare Cottage Dumplings. Heat remaining stew ingredients to boiling in a 3-qt saucepan; reduce heat. Shape dumpling mixture into 12 balls, using about 2 tablespoons each. Carefully slide balls onto beans in simmering stew (do not drop directly into liquid). Cook uncovered 10 minutes. Cover and cook 10 minutes longer or until dumplings are firm.

My daughter found this recipee in an old cookbook and she said, “It’s simple and good and I can make it Mom!!”. So enjoy!!
Nebraska Dry Bean Commission’s mission is to invest check-off funds in programs of research, international and domestic promotion and consumer education to increase consumption of dry edible beans.
In 2022, Nebraska dry bean growers produced 2.486 million hundredweight of dry beans on 108,100 harvested acres for an average of 23 pounds per acre. The 2022 top export markets were:

- Dominican Republic $9.1 Million
- Ethiopia $7.4 Million
- Canada $3.6 Million
- Somalia $3.6 Million
- Turkey $2.3 Million
- Japan $1.8 Million
- Djibouti $1.8 Million

Total Export Value $39.7 Million
Nebraska Dry Bean Commission
Funded Research Projects - FY 22-23  July 1, 2022—June 30, 2023

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<td>Genetic Modifications—Dr. Amit Mitra</td>
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<td>DB 2022-06</td>
<td>Enhancing Profitability of dry bean production through a systems approach</td>
<td>$36,000.00</td>
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<td>using core project investigations in the Nebraska Panhandle—Dr. Mitch Stephenson</td>
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<tr>
<td>DB 2022-07</td>
<td>Breeding dry beans within different market classes with multiple disease resistance</td>
<td>$78,000.00</td>
</tr>
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<td>with high performance—Dr. Carlos Urrea</td>
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<tr>
<td>DB 2022-08</td>
<td>Evaluation of dry bean cultivars for performance in Western Nebraska</td>
<td>$15,000.00</td>
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<td>Dr. Carlos Urrea</td>
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<tr>
<td>DB 2022-09</td>
<td>Examining the fungal rhizobiome associated with resilient dry beans bred for</td>
<td>$24,000.00</td>
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<td>changing climate conditions in Western Nebraska—Dr. Godoy-Lutz</td>
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<tr>
<td>DB 2022-10</td>
<td>Refining fungicide decision worksheet for managing white mold in dry beans</td>
<td>$15,000.00</td>
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<td>Dr. Xin Qiao</td>
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<tr>
<td>DB 2022-11</td>
<td>Using dry bean agronomic traits to identify Nebraska cultivars having high value</td>
<td>$19,087.00</td>
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<td></td>
<td>in maintaining human gut health—Dr. Henry Thompson CSU</td>
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Total FY 22-23 Research Funding $280,984.00

University of Nebraska – Lincoln Research Faculty presented preliminary reports of their research findings at the University’s PARTT held in August 2022, reported their final research results during the Commission’s December 7, 2022 Research Reporting and Planning Session. UNL Research faculty also gave presentations during Bean Day 2023 along with publishing research results in the Nebraska Dry Bean Growers Association’s quarterly publication, The Bean Bag.

FY 22-23 Promotional Activities

- NDBC continued its membership in the US Dry Bean Council. The Nebraska Dry Bean Commission hosted the US Dry Bean Council’s World-wide reverse trade mission consisting of foreign dry bean buyers which was funded through USDBC’s USDA Foreign Market Development grant.
- NDBC continued their partnership with the Nebraska Farm Bureau’s Ag in the Classroom program a statewide program that helps K-12 students and teachers develop an awareness of dry beans. NDBC participated in NE Farm Bureau’s Making Connections” conference to discuss opportunities to share information about Nebraska’s dry bean production.
- NDBC was a sponsor of the Colorado Dry Bean Advisory Committee’s Bean Summit where Colorado restaurant chef’s brought their delicious dry bean cuisine in competition for the Best of Bean’s competition.
- NDBC continued it’s support for the Women in Ag conference, NDBGA Bean Day and the Rocky Mountain Bean Dealers Association’s Annual meeting.
- NDBC continued to sponsor regional chili cook-off competitions; Oregon Trail Days & Morrill County Cattlemen’s cook-off.
NDBC recognizes Dave Weber, Processor Representative

Dave Weber has served on the Nebraska Dry Bean Commission since May 12, 2016 as a Processor Representative with New Alliance when he was appointed by Governor Ricketts to fill the Processor Representative position which was vacant due to Danna Croswell leaving her position with Trinidad Benham Corporation.

During his tenure on the Commission, Dave has served on the Promotion, Processor Relations and Research Committees and has served as the Nebraska Dry Bean Commission’s delegate representative on the US Dry Bean Council. Dave has dedicated much of his time, while serving as the USDBC’s Chairman of the Food Aid Committee, to furthering the use of US dry beans on the world food aid program.

Dave has served as NDBC’s Vice-Chairman since 2019. The Nebraska Dry Bean Commission members want to extend their sincere appreciation for Dave’s dedication to furthering the Nebraska dry bean industry in the domestic and international markets.

NDBC welcomes Karl Meeske, District 4 Grower Representative

Governor Jim Pillen recently appointed Karl Meeske as the District 4 grower representative to the Nebraska Dry Bean Commission (NDBC), which represents all dry bean growers east of the Nebraska Panhandle.

Karl is a 4th generation farmer who grows corn, popcorn, wheat and dry edible beans near Champion, Nebraska. Karl graduated from Chase County High Schools in Imperial, NE and went on to earn an associate degree in diesel mechanics from Wyoming Technical Institute, Laramie, WY.

Karl and his wife Karra have 3 daughters, Kaylee, Kambree and Krista is a member of the Zion Lutheran Church in Imperial, NE. He has served on the Chase County School Board for the past 15 years, serving as Board Treasurer and currently Board President.

“The Nebraska Dry Bean Commission is excited to welcome Karl to the board. Dry bean producers in the Southwestern portion of Nebraska are fortunate to have Karl representing their concerns” said Courtney Schuler, NDBC Chair.

We are Boosting our Social Media Presence!

Follow Along & Share the Story of Nebraska Beans!

- New Instagram and YouTube channel @Nebraskabeans, along with existing Facebook & Pinterest
- Use the QR codes to the right to visit & follow our brand new Instagram page & YouTube channel for new content.
- Soon you’ll find interviews with growers & processors, recipe videos, interesting bean facts & so much more!
- We will be sharing exciting updates each week on Instagram & Facebook—including progress from the growing season, research updates, promotional projects, recipes & more!
- To make sure we are including the complete story of Nebraska beans—we want to include your photos too! From the tractor, the field or the kitchen, please send your Nebraska bean photos to our Facebook messenger or email to dryediblebeans@nebraska.gov

NDBC Chairwoman, Courtney Schuler presents Dave Weber a dedication plaque.
PLEASE HELP!

We need to keep our mailing list for "The Bean Bag" up to date so if your mailing address has or will be changed, please give us a call at:

(308) 633-1387 or email to:
nebeangrower@allophone.com

or mail the changes to us at:
4502 Avenue I, Scottsbluff, NE  69361

If you raise beans, are a land owner or a bean processor and want to receive the Bean Bag, please contact us and we will get you added to the list.

If you no longer want to receive the Bean Bag please contact us at any of the above options to remove your name.

Thank you!
The Bean Bag is supported by vendor ads and bean checkoff dollars.