

THE BEAN BAG



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The Bean Bag

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COVER PHOTO
by Courtney Schuler



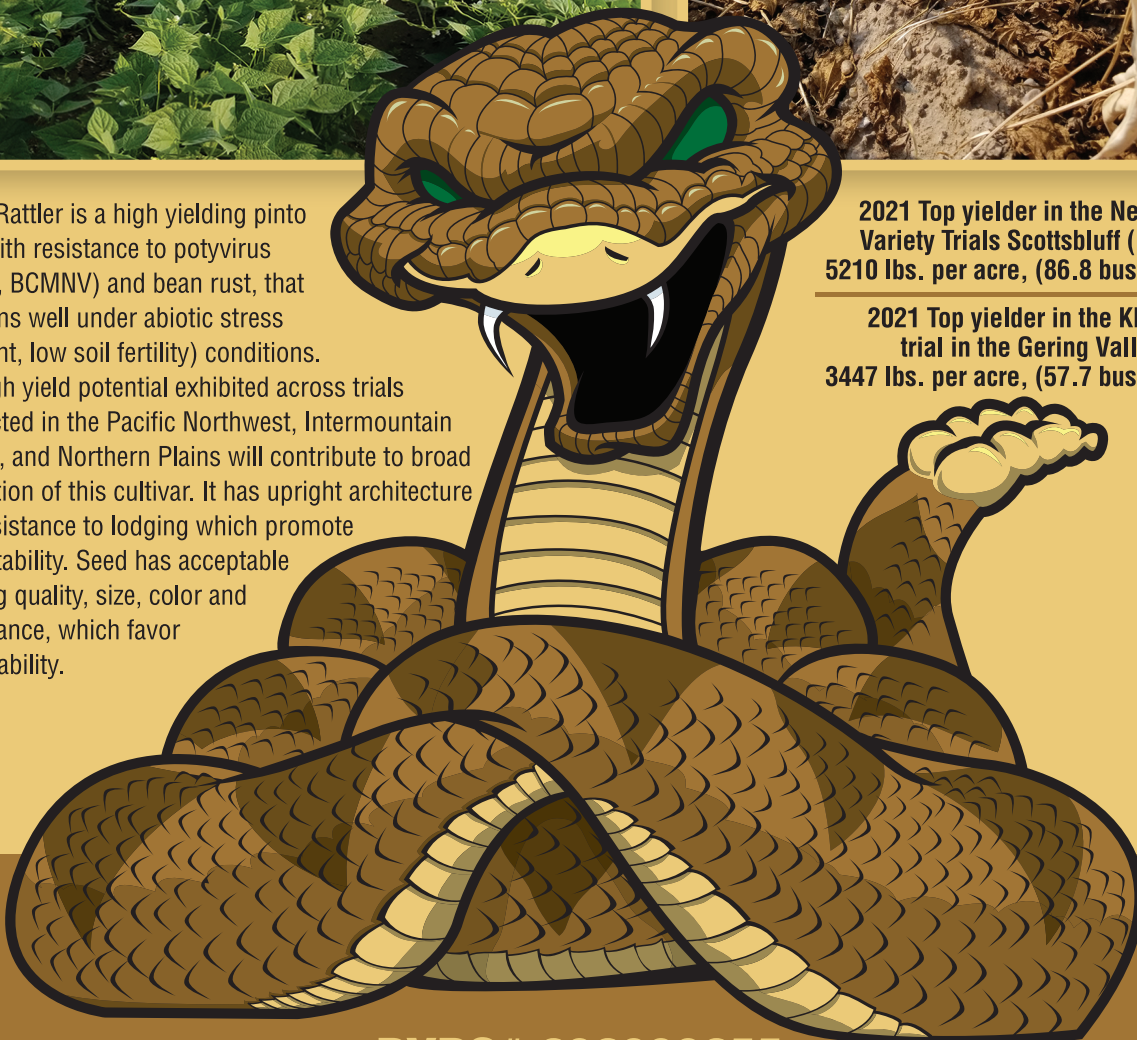
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Spilling the Beans!

By Dan Hinman
NDBGA Board President



Spring is arriving and I'm seeing some field activity and green fields awakening from winter. Soon dry bean planting will be upon us, as we anticipate what the next season will bring I'm hopeful the severe weather we dealt with last year will give us a break, and that favorable market conditions will continue.

I hope many of you took the opportunity to attend Bean Day last month and received some knowledge and advice on ways we can make this year successful. I would like to thank all the growers, and industry representatives and researchers who participated and made this year's event successful.

With springtime activities ramping up and so much on our minds concerning everything in the world, I would like to remind everyone to take a minute to remember their safety. I wish everyone a successful year and to keep the optimistic outlook for a great season.

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.

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*On a side note, we're also looking for anyone interesting in
being part of a feature article.*

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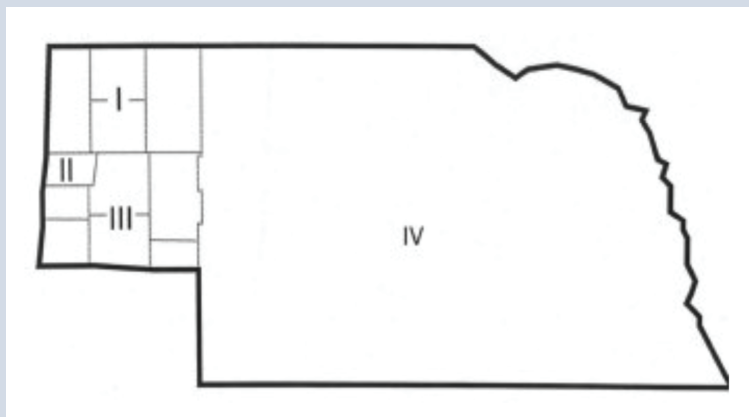
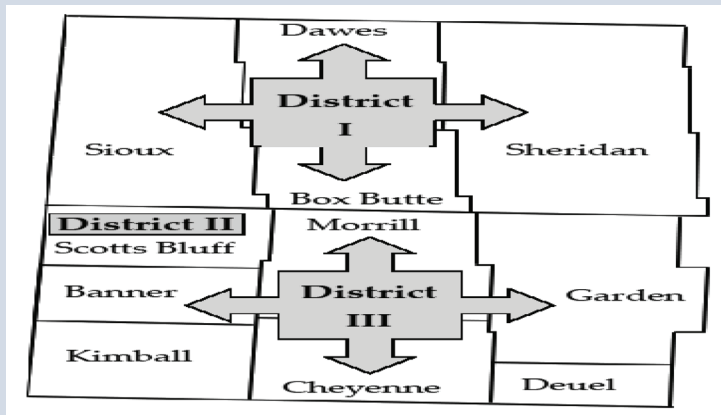
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Lesli's ByLines



We hope you enjoyed the 2024 Bean Day and Annual Meeting! I'd like to take this time to thank all of those who volunteered, attended, participated, and sponsored this year's event. We couldn't do it without all your support! If you were unable to attend, please mark your calendars for February next year! This is a great time to learn more about what's going on in our industry and to network and share ideas with those who are also involved in growing dry edible beans.

February was cancer awareness month and March was national nutrition and heart health month; both of which focused on beans and nutrition. This edition contains quite a bit of information regarding nutrition and I hope you find it helpful and enjoy the articles.

As always, stay SAFE for the upcoming planting season! We're praying for some additional moisture without the severe storms that we encountered last year.

THE BEAN BAG ADVERTISING RATES

AD SIZE	Black/White	COLOR
1/6 page	\$112	\$190
1/4 page	\$157	\$267
1/3 page	\$200	\$340
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2/3 page inside	\$350	\$595
2/3 outside	\$392	\$667
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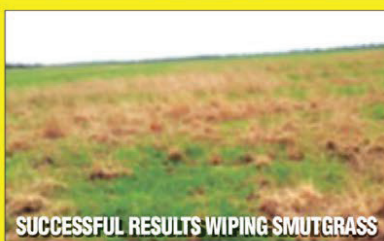
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Can cover crops help with weed control?

**Nevin Lawrence, Integrated Weed Management
University of Nebraska, Panhandle REC**

A review of all the literature by Osipitan et al. 2018 found that the more biomass a cover crop produces, the better the weed control will be. Small grains are the clear winner for both suppressing weed growth and generating biomass: barley, rye, triticale, wheat, and oats are all good options. What is best for you comes down to seed availability and your rotation. If you grow wheat, planting barley, rye, or triticale might not be a good idea, but using wheat as a cover crop can help. Using mixes is not recommended when weed control is the goal, as the various species will compete against each other.

The Weed Science Program at the Panhandle Research, Extension, and Education Center has been working with cover crops for weed control since 2019. For all our field trials we have used winter wheat, planted at 100 pounds an acre. A higher seeding rate might help with weed control, but it isn't something we have investigated yet. With all the trials discussed below, the cover crop was terminated within three days of planting dry bean, through an application of glyphosate.

Study One: Winter Seeded Cover Crops before Dry Bean.

In 2019-2021 winter wheat was seeded in October, and dry bean was planted in the last week of May. There were two treatments, those plots which had a cover crop and those that didn't. For both treatments the same herbicides were applied; glyphosate + Prowl® H2O + Outlook® applied pre-crop emergence (PRE), followed by

Raptor® plus Basagran® at the 3rd trifoliate. Palmer amaranth was not controlled where cover crops were not used, while season-long weed control was observed when a cover crop was planted (Figure 1).



Figure 1. Photo of Palmer amaranth abundance in the dry bean only (left) and cover crop (right) plot.

While a fall-planted cover crop can provide great weed control benefits, most dry bean growers are preceding their dry bean crop with corn and a fall seeded cover crop just isn't possible due to the timing of corn harvest. What happens if the cover crop is planted in the spring?

Study Two: Spring Seeded Cover Crops before Dry Bean.

Between 2020 and 2023 the same herbicide treatments described

in study one were applied. However, three cover crop treatments were used: no cover crop, winter wheat planted on March 15th, and winter wheat planted on April 15th. A March 15th cover crop appears to bring almost the same amount of weed suppression in years where there is good winter and spring moisture as a fall planted cover crop (Figure 2). However, the April planted cover crop did not provide much benefit. There simply were too few days to get enough biomass established between April 15th and dry bean planting.

Conclusions.

A similar trial was conducted in sugar beet, with a cover crop planted March 15th, and the weed control benefits were simply not there. Between March 15th and sugar beet planting in April, there wasn't enough time to establish a vigorous cover crop. Dry bean may be able to uniquely benefit from a cover crop, either planted in the fall or late winter / early spring, because they are planted so late in the season.

A cover crop can work for suppressing weeds in dry bean, but you need to pick the right cover crop, plant the cover crop at the right time, and hope there is enough moisture after cover crop planting to get adequate biomass.

References

Osipitan OA, Dille A, Assefa Y, Knezevic SZ (2018) Cover Crop for Early Season Weed Suppression in Crops: Systematic Review and Meta-Analysis. Agronomy Journal 110(6):221-2221





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Figure 2. Photo of Palmer amaranth abundance in the dry bean only (top), April planted cover crop (middle), and March planted cover crop (bottom).

THE SMOOBEA™: THE JOURNEY TO BEANS EVERYWHERE BEGINS by Dr. Henry Thompson

ONCE UPON A TIME, IN KINGDOMS AROUND THE WORLD THERE WAS A PERFECT FOOD THAT LIVED ON EVERY KITCHEN TABLE IN CASTLE, VILLAGE, AND FIELD. IT WAS A BEAUTIFUL FOOD, SHAPED LIKE A GREAT SHIP THAT SAILED FROM FIELD TO TABLE, EFFORTLESSLY, AND IT WAS GIVEN THE NAME COMMON BEAN, ALTHOUGH THE JOY IT BROUGHT TO EVERY HOUSEHOLD WAS FAR FROM COMMON, IT WAS MAGICAL.

BUT THEN, ONE DAY, THE NASTY CONVENIENCE MONSTER REARED ITS UGLY HEAD AND DEMANDED THAT FAST FOOD RULE THE WORLD. IN RESPONSE, COMMON BEAN'S SMILING FACE ENDED UP IN THE CAN OF CONVENIENCE. WHILE STILL MAGICAL, EVERYONE BEGAN TO FORGET ABOUT THIS PERFECT FOOD.

AND BECAUSE OF THAT, THE JOY OF BEAN EATING WAS OVERLOOKED, AND THE CULINARY VERSATILITY OF BEAN WAS LOST FROM THE HUMAN EXPERIENCE.

AND BECAUSE OF THAT, PEOPLE BECAME LESS HEALTHY AND MORE LIKELY TO BECOME ILL. THE COST OF EATING INCREASED AS DID THEIR MEDICAL BILLS.

BUT THEN ONE DAY, SOMEONE SAID, LET ALL BEANS BE FREE. FRESH COOKED AS WELL AS CANNED BEANS WERE SPUN TO NEW HEIGHTS IN A CONVENIENCE CONTRAPTION CALLED A BLENDER AND THE SMOOBEA™ WAS BORN.

AND BECAUSE OF THAT, EVERYONE REIMAGINED HOW TO USE THE NOT-SO-COMMON BEAN.

AND IN THE END, WITH FUN AND IMAGINATION, ONCE AGAIN, THE MAGICAL BEAN BROUGHT HEALTH AND HAPPINESS THE WORLD OVER. ...THE END!

The reason that we developed the bean smoothie approach, which we now dub the “SmooBea™,” is parallel to how a chef creates a “stock” for commonly used ingredients. We argue that the SmooBea™ is a whole food ingredient that can be conveniently added to almost any recipe using “good old imagination and creativity” and it can also be consumed directly as a beverage or a soup. “Chef Thompson” first developed and used the SmooBea™ to make protein and fiber-enriched homemade bread that was creamy and moist with a firm crust.

Below are a few Cancer Prevention lab recipes based on the SmooBea™, but we encourage you to engage in culinary creativity and design your own favorites. The Pixar storyline is included to incentivize your creativity: tell us the story of something you create!



Cheers, Chef Henri

Author's note: Dr. Henry Thompson, a grandfather of nine, is frequently asked by his grandchildren to tell stories. He uses the Pixar story framework as a template for creating his original tales.

Here's a video that always puts a smile on my face. Sharing the love of beans.

[Ibishyimbo / Better Nutrition from High-Iron Beans](#)



BEAN SMOOTHIE RECIPES

by: Henry Thompson, John McGinley and Elizabeth Neil



CFH Facebook
<https://col.st/KtIPT>

Mixed Berry Bean Smoothie Recipe

1 can of cannellini (white kidney) beans, drained and rinsed in water.

3/4 cup of water or other liquid, e.g., milk, almond milk, etc.

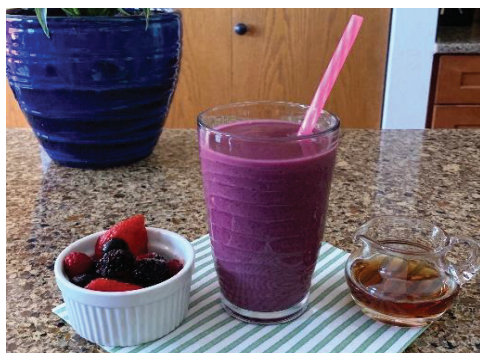
1 cup of frozen strawberries or fresh strawberries.

1 cup of frozen mixed berries or a mix of fresh berries.

Blend in the 24 oz. Ninja cup using the extract option for frozen berries or the smoothie option for fresh berries and enjoy!

For those who prefer a sweeter tasting smoothie, we suggest adding 1/4 cup amber agave, which offers a sweet taste, but has a much lower glycemic index compared to table sugar.

Note: this smoothie tastes better when prepared cold and served cold. Use a previously unopened refrigerated can of beans, frozen or refrigerated berries. Refrigerate any leftover ingredients and leftover smoothie.



BEAN SMOOTHIE RECIPES

by: Henry Thompson, John McGinley and Elizabeth Neil



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Savory Green Olive Bean Smoothie Recipe

Add the following items to the blender:

1 can of cannellini (white kidney) beans, drained and rinsed in water.

3/4 cup of water.

1/4 cup of large, seedless green olives (about 4 or 5 whole olives).

3 tbsp. of lemon juice or brine from the olive jar.

Blend using the smoothie option and enjoy!

Note: this smoothie can be prepared using unopened canned beans stored at room temperature or unopened refrigerated canned beans. Refrigerate leftover ingredients and leftover smoothie.

Note: The green olive smoothie can be used as dip and served with chips, crudités, etc.

BEAN BREAD RECIPE

by: Henry Thompson, John McGinley and Elizabeth Neil



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Bean Bread

1 can of red kidney beans or other canned beans, e.g. cannellini (white kidney), great northern, pinto, black, etc.

1 cup and 2 tablespoons of water

1 ½ teaspoons instant dry yeast

2 ½ cups of bread flour

1 teaspoon salt (optional)

Rinse the beans in cold water. Add beans, water to blender and blend to a smoothie-like consistency, 30 seconds to 1 minute. Add yeast and blend again, 30 seconds to 1 minute. Let the blended bean yeast mixture sit for 5 minutes. Pour blended bean mixture into the bread maker pan and using a spatula to scrape out as much of the mixture as possible. Add the bread flour on top of the bean mixture and smooth out evenly across the surface. Suggested bread maker settings are listed below.



Breville Bread Maker Settings

- Regular bread paddle
- Crusty bread setting, 2.0 lb. loaf
- Modified settings as follows:
- Knead 1 – 20 min
- Knead 2 – 20 min
- Rise 1 – 45 min at 90 °F
- Punch down 1 – 30 sec
- Rise 2 – 45 min at 90 °F
- Punch down 2 – 30 sec
- Rise 3 – 60 min
- Bake 70 min at 300 °F
- Total time: 4:30





Ideas For Estate and Transition Planning: Monetary Compensation

By Jessica Groskopf and Dave Aiken

For many farm and ranch families, bringing children or grandchildren into the operation is the ultimate goal. Successfully bringing additional family members into the operation may require some creativity as all parties need to maintain a viable standard of living. This series of articles will highlight ideas and tactics for bringing another family member into the operation.

One tactic is to provide new family members with monetary compensation, such as an hourly wage or salary. The total compensation should be comparable to the market value of wages to hire a non-family member to do the same work.

Here are things to consider when employing this strategy.

1. **Start anytime** - This strategy can begin early in life. Children under 18 can earn monetary compensation from the farm or ranch. This can give family members a sense of responsibility and allow them to learn how to manage money at an early age. Furthermore, this can jump-start their savings for education, retirement, or business assets. Work with a financial advisor to explore tax-advantaged ways to save and invest on a child's behalf such as Roth IRAs or 529 Accounts.
2. **It's tax-deductible** – Wages or salaries paid to family members may be tax deductible. The downside is that it may require additional paperwork. Work with your accountant to make sure you have the correct documentation and reporting.
3. **Financial Freedom** – Providing monetary compensation can provide financial autonomy. A competitive compensation package shows that you value their contributions to the business. Additionally, being able to make their own spending and investment decisions can be empowering for them.
4. **Setting Expectations** – One of the biggest challenges for farm and ranch families is setting expectations for work. Different generations often have different views on this matter. When setting a monetary compensation rate, also consider writing position descriptions that clearly define working hours and responsibilities.
5. **Maintain control** – By monetarily compensating family members, ownership of the entity and capital assets are not being transferred. In the early stages of the transition process, paying wages or a salary may be a way to test the waters and see if working together in the operation is feasible. If it is not, the owner still maintains control of the capital assets. The family member also now has cash to start their own operation or choose a new career path.

Not all compensation has to come from an hourly wage or salary. Often, owners will provide compensation to family members in various forms, such as providing housing, vehicles, insurance, etc. Non-monetary compensation should be valued and factored into the total compensation package. The total compensation package should allow both owners and other family members to maintain a viable standard of living. The compensation package, both monetary and non-monetary, should be discussed, and in writing, before someone becomes involved in the operation.

Providing monetary compensation is just one strategy to help transition someone onto your farm or ranch operation. Look for future articles outlining other strategies on the Center for Ag Profitability website at cap.unl.edu.



Strawberry Cheesecake Hummus

Smooth cheesecake texture with a twist of strawberry.

SERVES: 20 | SERVING SIZE: 1/4 cup

Selection and Storage

- Select beans that have a smooth and in-tac appearance. The next time you purchase great Northern Beans (canned or dry) there is a strong possibility that they were grown locally somewhere in the Western Nebraska Panhandle.



Did You Know

Great Northern Beans were originally derived from a small sample of beans given by a North Dakota Native American Tribe more than 130 years ago.

Easy ways to add beans to meals:

1. Make classic beans and rice.
2. Tuck them into whole-grain tortillas or pita bread.
3. Add them to soups, salads and pasta dishes.
4. Toss them into sautéed veggies or mix with cooked greens and garlic.
5. Make homemade hummus to spread on sandwiches or dip with whole-grain crackers or veggies.

Ingredients

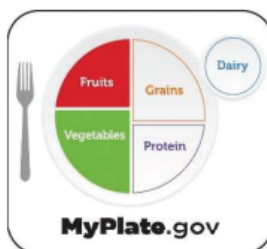
- 1 can northern or pink beans, drained
- 1 1/3 cup strawberries, diced
- 6 oz cream cheese (can use strawberry cream cheese for more strawberry flavor)
- 4 tbsp sweetener like maple syrup or agave nectar
- 1 tsp vanilla
- 1 tsp cheesecake extract
- 2 TBL apple juice

Strawberry Sauce

- 1/2 cup strawberries, diced
- 2 TBL apple juice

Instructions

1. Place everything for the strawberry cheesecake hummus into a food processor.
2. Blend for 1 -2 minutes until everything is combined and in a smooth hummus like texture.
3. Taste the dessert hummus and add more sweetener if needed.
4. Once at the desired sweetness, pour into a bowl. Refrigerate until set.
5. Make the strawberry drizzle by pureeing the 1/2 cup of strawberries and apple juice.
6. Drizzle strawberry sauce on the hummus. Serve with sliced fruit, crackers, strawberries, cheese, etc.



The nutrition found in beans, peas, and lentils are like foods in both the vegetables food group and the protein foods group. Like vegetables – beans, peas, and lentils are excellent sources of fiber, folate, and potassium. And like protein foods – they are excellent sources of plant protein, also providing iron and zinc.





BLACK BEAN & CORN SALSA

Beans and fresh veggies are the star of this southwest.

SERVES: 10 | SERVING SIZE: 1/3 cup

Quick Tip

Pinto beans are loosely related to red kidney beans; when cooked, they lose mottling and turn light brown/tan in the cooking process.



Did You Know

Pinto beans are closely related to red kidney beans; when cooked turn light brown/tan.

Uses: Most often used in refried beans; great for Tex-Mex and Mexican bean dishes.

When considering nutritious foods, beans are an ideal choice. They are rich in protein, dietary fiber, and vitamins and minerals like folate, iron, and potassium. Plus, they are naturally cholesterol-free and very low in fat.

Ingredients

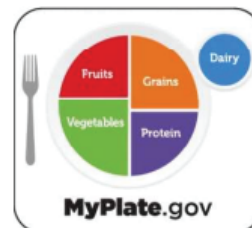
- 1- 14-oz cans black beans, drained and rinsed
- 1- 14-oz cans pinto beans, drained and rinsed
- 1 14-oz can corn (or 1.5 cups thawed frozen corn)
- ¾ cup onion, diced
- 1 medium tomato, diced
- ½ cup bell pepper, diced
- ½ cup cilantro, minced
- 1-2 cloves garlic

Balsamic Vinaigrette

- 4 Tablespoons balsamic vinegar
- 2 Tablespoons olive oil
- 2 teaspoons honey
- ½ -- 1 teaspoon salt (to taste)
- ¼ teaspoon pepper

Instructions

1. Combine beans, corn, onion, tomato, bell pepper, cilantro, and garlic in a large bowl.
2. In a small bowl, whisk the vinaigrette ingredients until well-combined. Pour over the bean and corn mixture.
3. Place in the fridge for at least 30 minutes to allow flavors to meld. Stir well before serving.



Vegetarian protein options include beans, peas, lentils, nuts, seeds, and soy products and appeal to a wide variety of diets.





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A: BECAUSE THE POTATOES HAVE EYES, THE CORN HAS EARS, AND THE BEANS STALK





Fungicidal Seed Treatments for Managing Root Rot Diseases in Dry Beans

**Robert M. Harveson, Extension Plant Pathologist
University of Nebraska, Panhandle REC**

Dry bean root rot diseases are usually caused by *Rhizoctonia*, *Fusarium* and *Pythium* pathogens. These organisms live in and can survive for years in infested soil. When the right conditions appear, disease can develop. Conditions that favor root rot development include high soil moisture, soil compaction, poor drainage, and short bean crop rotations.

Root rot diseases are additionally difficult to manage. By the time they are noted, it is often too late to act on any control measures. Furthermore, it is also hard to reach root rot pathogens due to the fact that they harbor within their protective shelter in the soil. Thus, a seed treatment is often the most cost-effective choice for fighting damping-off of seedlings. The treatments will not protect emerging plants for the entire season, but they may also help greatly to establish a healthy stand that can avoid the soilborne pathogens more readily.

Thus, at the request of NDBC, we conducted a study in 2023 using various commercially available fungicides as seed treatments. Unfortunately, we saw no differences in disease of yields among the various treatments. 2023 was a year producing high cold and moist conditions, causing bean emergence to be much slower than normal. The untreated control emerged the fastest – about two days earlier than the rest. Surprisingly, one treatment with the lowest emergence later produced the highest yield (2512 lbs/acre). Another treatment responded in the exact opposite manner. However, none were statistically significant.

We began conducting this study to help growers design a program to fight off early season crop loss to damping-off diseases if present, while also creating a vibrant and flourishing stand with which to begin the season. Successful results should improve the chances for growers achieving better yields if they started with healthy plants during and shortly after emergence. In conclusion, in 2023 we did not learn much in 2023 due to results with no difference from treatments. We are attributing this observation to low levels of disease within plots. We also plan to repeat this study in 2024 with the hope that better information can be obtained to assist the dry bean industry in Nebraska

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Undergraduate student gathers experience and more as summer intern in western Nebraska

By Chabella Guzman, PREC Communications Specialist

A summer in western Nebraska has provided inspiration for Maria Teresa Alvarado, an intern from Chile and an undergraduate student at the University of Concepcion.

Alvarado learned about the internship from Kainyon Tay, head of the legume program in Chile with the National Research Institute of the Ministry of Agriculture (INIA).

“I worked with Tay in Chile. He works with soybeans, garbanzos, and dry beans,” she said. “He told me about the internship, and I applied.” Tay knows Carlos Urrea, UNL dry bean breeder at the Scottsbluff Panhandle Research Extension and Education Center (PREEC). The two have collaborated on winter nurseries and incorporated genes for weevil and bean common mosaic virus resistance into Chilean germplasm.

Alvarado has been working with Urrea and his team to select dry bean lines for the program. This involves making selections based on characteristics such as plant architecture, days to flowering, disease resistance, and days to harvest. Individual plants were selected during the early stages of breeding with entire entries selected in later stages.

Additional breeding research experience included conducting cooking time and slow-darkening trials, assisting with mother-and-baby trials, inoculating and scoring bean common bacterial blight trials, and performing new hybrid combinations. In addition, Alvarado prepared seed samples for the winter nurseries, including sizing the seed for quality. She also observed the work of the seed inspector and the fumigation process required for seed shipped to Chile.



Alvarado gained extension experience through making presentations at the PREEC Panhandle Agriculture and Technology Tour, interacting with growers in the mother-and-baby trials, and interacting with diverse student workers. She also met with industry representatives, including a visit to Trinidad Benham Corporation, and learned about bean quality standards and procedures.

With the end of harvest and the bean lines picked for the next breeding program, Alvarado will be heading home in December. She looks forward to completing her thesis on the Toromiro tree, which is a legume. The legume uses bacteria species to incorporate and make nitrogen available to the plant. Alvarado is looking to use PCR techniques to identify the bacteria species.

Summer intern Maria Teresa Alvarado from Chile plants beans for the next project in Carlos Urrea's breeding program. Photo by Chabella Guzman

“I like the aspect of agronomy microbiology and legumes, which are a health food and a staple for many people. I would like to become a breeding specialist selecting new variants of good and bad bacteria,” she said. The bad bacteria create disease, but the good improves yield or simulates nitrogen. Another aspect of beans Alvarado would like to work on is to make all the seed’s nutrients available to humans. “Beans have iron, but it is not available to humans. I would like to improve the plant and make it (iron) available.”

Alvarado would like to return to western Nebraska and the dry bean fields. “I’m very happy with my time here, I met many people, international and local farmers. It has been one of the most amazing experiences of my life. I’m so grateful for the way people received me and made me comfortable.”

This internship is a valuable program for training the next generation of plant breeding professionals.



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Origin of Baked Beans and the Term “Bean Town”

**Robert M. Harveson, Extension Plant Pathologist
University of Nebraska, Panhandle REC**

The Old World was familiar with fava beans (*Vicia faba*), but the common bean, *Phaseolus vulgaris* was unknown to them until Columbus' voyages to the Americas. Beans were a staple food to Native American Indians along with corn and squash, also referred to as the “Three Sisters”.

Most scholars today think that the origin of baked beans was the Native American Indians, as they had been cultivating beans in the New World long before the European immigration into North America. They made cornbread and baked their beans in earthen pots buried in the ground in pits lined with hot stones, seasoned with venison, bear fat and maple syrup. The colonists learned this process and then adapted the dish, substituting the plentiful molasses for the syrup, salt pork for the bear fat, and Boston baked beans were born.

Molasses and the Triangular Trade

In the late 1700s, Boston was a major manufacturer and exporter of rum. Rum is made from the distillation of fermented molasses, which in turn is a by-product of the sugar extraction process from cane. Molasses was a part of what was called “the triangular trade”. The crude product was shipped to Boston from the Caribbean, converted to rum, exported to Europe and returned as finished goods. Finished goods from Europe were also traded for captured slaves on the west coast of Africa. The slaves were then brought to the British West Indies as laborers to harvest sugar cane. The resulting sugar (and molasses) then returned to Boston again, completing the cycle.

Origin of Boston Baked Beans

Baked beans are truly indigenous to America, since there is no mention or tradition of it in England. It is often considered the quintessential American bean-oriented food, but the term “Boston baked beans” was not formally used until the mid-19th century.

After leaving England, the Pilgrims spent time in the Netherlands prior to coming to America. As a result, they became accustomed to eating dark bread made with coarse grains like rye. After arrival, they mixed barley with corn meal, creating New England brown bread. Due to religious beliefs, the pilgrims were not allowed to work on the Sabbath (sundown Saturday to sundown on Sunday). This included even cooking, so they traditionally simmered their beans all day on Saturday for supper that night, leaving the remainder in the brick ovens overnight. What was left would still be warm, allowing them a hot meal the next day while still adhering to the restrictions for working on Sunday. Thus brown bread and baked beans became the standard meal Saturday night with leftovers on Sunday.

Origin of the name “Bean Town”

No place in the United States is more closely associated with a single food than Boston – nicknamed Beantown. In fact, before the current major league baseball team (the Red Sox) was formed, Boston had another team called the Boston Beaneaters (1883-1906). They went through several subsequent names before changing to the Braves in 1912. The team was moved to Milwaukee in 1953 and then Atlanta in 1966.

In 1907, Boston became nationally known as “bean town” due to a publicity stunt. A large public celebration took place for several days in early August 1907 that was called Old Home Week. Approximately 1 million stickers were distributed as a promotion for the event displaying an image of two hands clasped above a bean pot to represent that Boston was ready to extend the “glad hand” to those returning during this reunion week. Post cards were also passed out with slogans such as: “You don’t know beans until you come to Boston”. The name apparently stuck and it has been called “Bean Town” since. Ironically, today there is not a single company in Boston that makes baked beans, and it is only served in a few places in the city.

References

Albala, K. 2007. Beans: a history. Berg Publishing, New York, 261 pp.

Anonymous. Bean Town Origin. Online article: <http://www.celebrateboston.com/culture/bean-town-origin.htm>



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Chair's Comments

By Courtney Schuler

With the unseasonably warm temperatures we've been experiencing, spring fever is hitting all of us who enjoy working outside. Winter is surely going to show up a few more times, but we aren't far away from the beginning of a new growing season.

Dry beans are a bright spot for producers navigating the volatile markets and the upcoming Prospective Plantings report will give us a glimpse into projected acres for 2024. Acres are expected to increase in many regions of the country compared to the past few years. But other factors, including challenges with weed control, could shift the final outcome. The significant drought in Mexico has impacted our export numbers for this current marketing year and provided stability in the market when other commodities have shown weakness. Challenges with moving our products across the border slowed shipments for a period of time, but the issue has decreased as the year progresses. Predictions for the new year include another shift in the weather patterns, which again may change the production in key growing areas throughout the world.

A new foreign market development effort is underway through USDA to focus on strengthening support for US specialty crop exports. The \$1.2 billion allocated to the Regional Agricultural Promotion Program, or RAPP, is specifically targeted to diversifying new markets in Africa, Latin America, Middle East and Southeast Asia. The US Dry Bean Council has submitted an application for the first tranche of these funds and we will know the outcome by the first part of June.

Locally, I'm pleased to announce that a new festival is coming to Scottsbluff & Gering in 2024! The Beef, Beans & Bluegrass Festival is a celebration of local agricultural industries with a culinary and music focus. There will be chef demos, games & activities, hours of live music, and so many opportunities for us to teach the public about our industry and product! Look for sponsorship and volunteer opportunities as we launch our website and social media soon!

We are accepting applications for both grower and processor openings. If you have questions about what it takes to serve on the NDBC – please call or email me at 308-225-1775, cschuler@trinidadbenham.com.



2023-2024 Nebraska Dry Bean Commission Members

Grower Representatives

David Howell, Treasurer, *District I*

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Karl Meeske, *District IV*

Jeff Jenkins, *At-Large District I & II*

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Lynn Reuter, Executive Director

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We want to include your photos too! From the tractor, the field or the kitchen, please send your Nebraska dry bean photos to our Facebook messenger or email to dryediblebeans@nebraska.gov - Find us on Facebook, Instagram, Youtube & Pinterest

Nebraska Dry Bean Commission participate in US Dry Bean Council Washington, DC fly-in



Jeff and Robyn Jenkins, Lynn Reuter, Jon Sperl, Congressman Adrian Smith, Robert Loggins. Bush Brothers

Nebraska Dry Bean Commission (NDBC) representatives participated in the US Dry Bean Council's Washington, DC fly-in on March 3-7, 2024. NDBC representatives had the opportunity to visit with Congressman Adrian Smith, Senator Pete Ricketts and Senator Deb Fischer to discuss areas of concern and received updates from our Representatives. NDBC members also had the opportunity to visit with Brooke Jamison, Deputy Administrator USDA/FAS and US Trade Representative Agricultural team to discuss issues impacting the US dry bean industry. NDBC members were joined by representatives from North Dakota, Minnesota, Michigan, Colorado and Tennessee.

Nebraska Dry Bean Commission proud to be a sponsor of 2024 Women In Ag Conference

The Nebraska Dry Bean Commission (NDBC) was proud to continue its sponsorship of the 39th Annual Women In Ag Conference which was held February 22-23.

This year 380 women from across Nebraska attended the conference ranging in ages from high school FFA students to grandmothers who have attended the past 39 conferences.



The Women In Ag Conference is a two day event with a wide range of workshops tailored to help women involved in their family farming operations.

NDBC sponsored a booth which contained dry bean recipes, NDBG cookbooks, and bean swag items. Courtney Schuler, NDBC Chairwoman and Lynn Reuter, NDBC Executive Director were on hand to share information about Nebraska dry bean production and how to cook dry beans.

NDBC looks forward to 2025 Women In Ag Conference which will celebrate 40 years.

US Dry Bean Council elects new officers for 2024-2026



*NDBC members
would like to
congratulate
Courtney on being
elected as USDBC
President!*

Neil Durrant, Idaho Bean Dealers Assoc., Courtney Schuler, NDBC, Martin Squires, California Dry Bean Administrative Committee

The US Dry Bean Council (USDBC) held an election of officers during the Winter meeting held on February 1, 2024. USDBC's new board officers are:

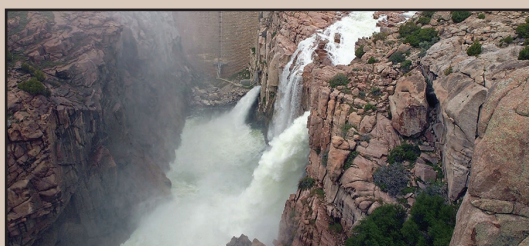
Courtney Schuler, Nebraska Dry Bean Commission—President

Martin Squires, California Dry Bean Administration—Vice President

Neil Durrant, Idaho Bean Dealers—Secretary/Treasurer

Clint Stoutenburg—Past President.

The term for these officers will be from 2024-2026.



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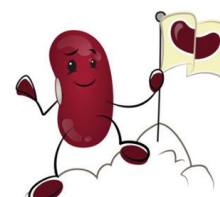
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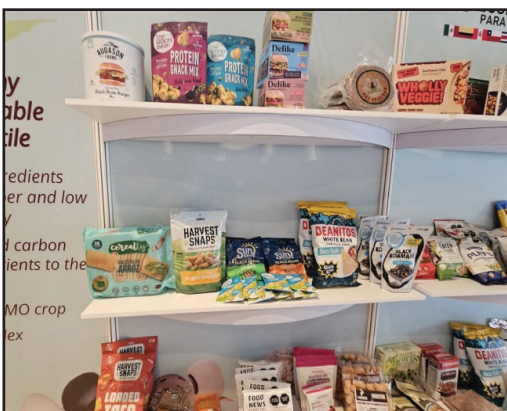
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Global Buyer's Conference Draws Record Attendance

The US Dry Bean Council's Global Buyer's Conference, BeanCon24, was held in Cancun, Mexico on February 2-3, 2024. With the current market situation in Mexico, timing couldn't have been better to bring exporters and importers together for two days of extensive content delivered by 30 engaging speakers. This year's conference had an attendance of 220 and was delivered to a sold out audience.



Topics covered included market reports from Mexico, the United States, South America, and other major production regions. Panels of experts discussed topics like Food as Medicine, Hot Bean Trends and New Innovations, Pathways to Increased Consumption, and Innovation Trends to get beans on more menus and into more

widely available products.

Other highlights during the two day event included a Bean Marketplace featuring a wide variety of bean products from canned to snacks



and beyond. A "Bean Extravaganza" was prepared during an evening reception by Mexican chef Carlos Leal. It included a menu of eight different items ranging from appetizers to desserts made with beans that were served to the attendees.

Networking and business meetings were a key component of the conference as well.



Around 275 one-on-one business meetings took place between the importers and exporters in attendance. Many transactions were reported as a result of these meeting and networking opportunities. Planning for next year's event will be underway soon, so stay tuned for more information.

The videos of the presentations can be found online at www.BeanCon24.com.





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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:

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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!

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