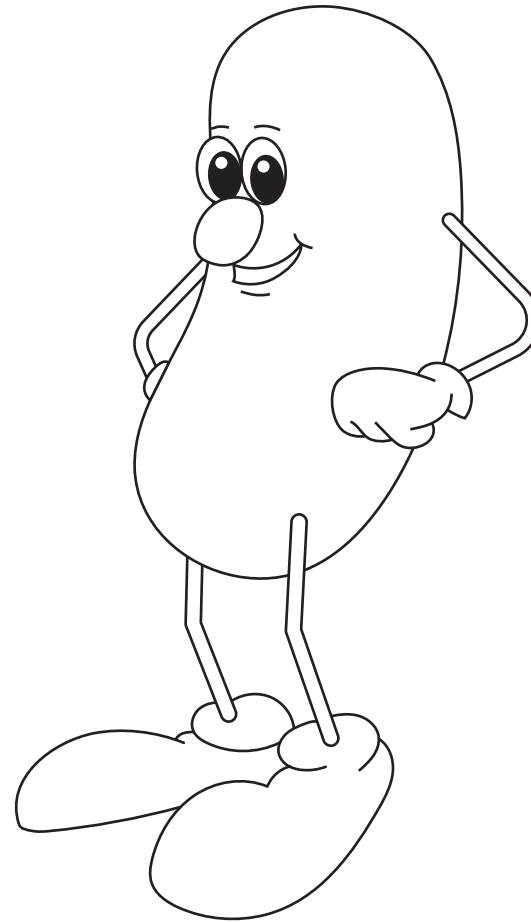


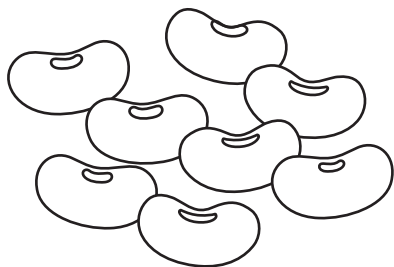

Bean
Dreams

Beans can do all sort of great things and so can you!
 Will you be a rock star? A veterinarian? A teacher?
 Draw what dream you dream of doing someday!



COOL
BEANS

Check out these
 fun facts!



Beans are a superfood. No other food comes close to providing the same amount of:

- protein
- iron
- magnesium
- zinc
- potassium
- soluble fiber



Did you know that growing beans is actually good for the planet?

It's the only plant that actually enriches the soil because its roots put nitrogen back into the earth instead of using it up!

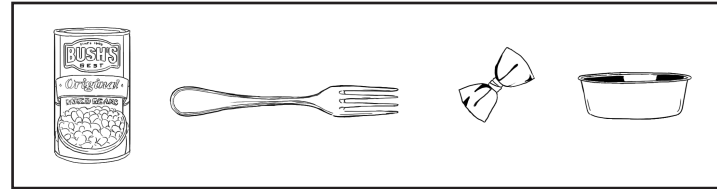


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DUKE'S PICTURE HUNT

Find the hidden objects in this picture of Duke's favorite bean field.



////////////////////// **LET'S LAUGH** ////////////////////////

How did everyone know Duke tripped?

What did the kidney bean say to the black bean?

Where can you always find good nutrition?

ANSWER: HE SPILLED THE BEANS, IT'S CHILI IN THIS BOWL, HIDING IN THE BUSHES.

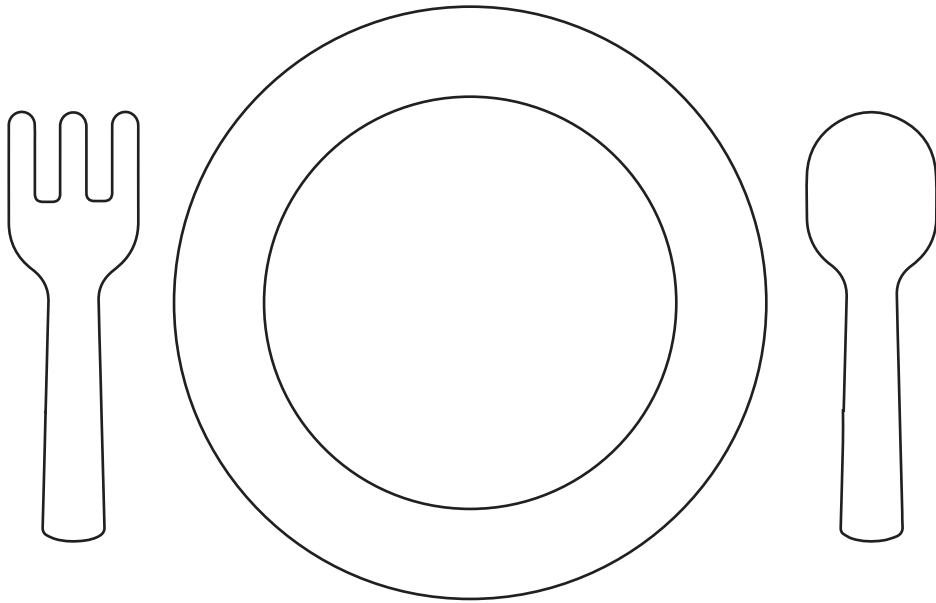


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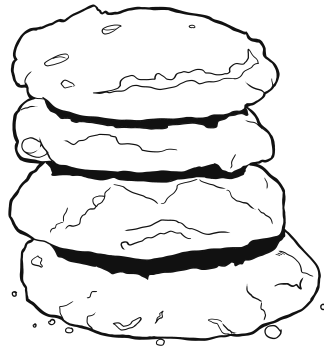
→ **CREATE YOUR FAVORITE PLATE** ←

Duke's favorite family recipe is **Bush's Best® Baked Beans**. What's yours? Draw your favorite family meal right here.



BUSH'S CHOCOLATE FUDGE COOKIES

Beans for dessert?! Take one bite of these easy fudgy cookies and you'll be saying "yes" to seconds.



YOU'LL NEED:

- 1 can (15 oz) **BUSH'S® Black Beans**, drained & rinsed
- 1 box (15.25 oz) chocolate fudge cake mix
- 1/4 cup water
- 1/3 cup oil
- 2 large eggs
- 1 cup mini chocolate chips

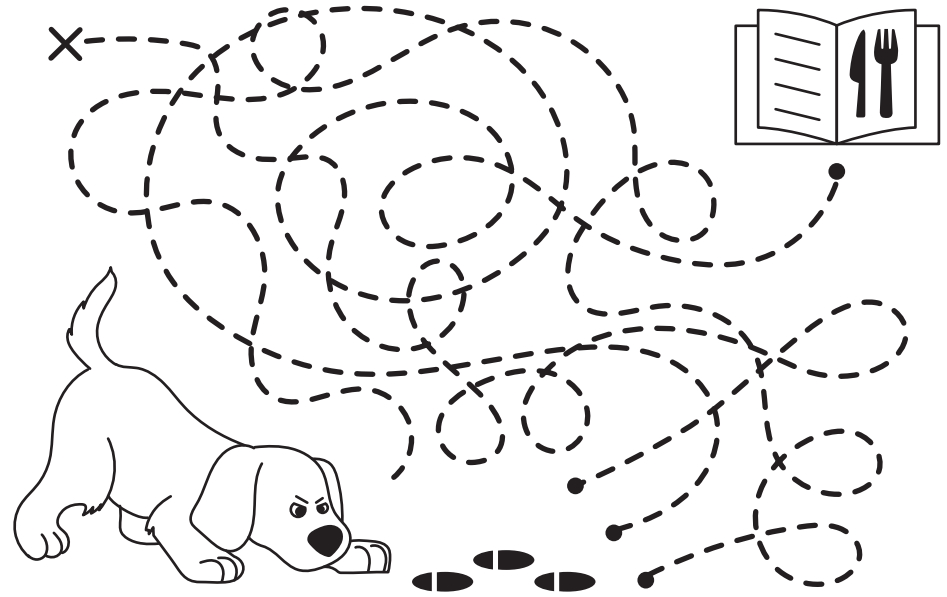
DIRECTIONS:

- 1.** Using a blender, puree beans with water and oil. Mix cake mix in large bowl with eggs and wet pureed ingredients until smooth.
- 2.** Stir chocolate chips in by hand.
- 3.** Using a teaspoon or a cookie scoop portion cookie batter on cookie sheet. Placing cookies about 2 inches apart on cookie sheet.
- 4.** Bake 8 minutes at 350 degrees F.
- 5.** Let cool ten minutes on cookie sheets. Makes about 48 "I-can't-believe-these-are-made-with-black-beans" cookies.

BEAN FOOTPRINTS/DUKE

FOLLOW THOSE FOOTPRINTS

The Bush's famous family recipes are missing! Help Duke pick the right trail.



TRY THIS: In the mood for brownies? Use your favorite recipe—just replace the flour with black beans for a delicious chocolatey batch that's sure to disappear.

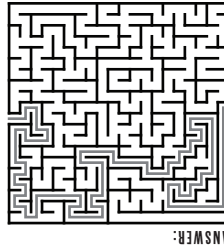
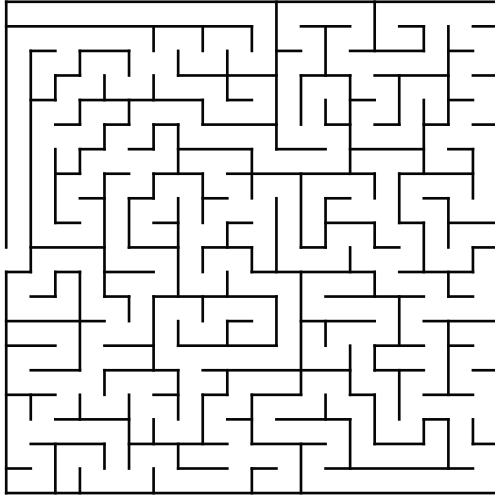
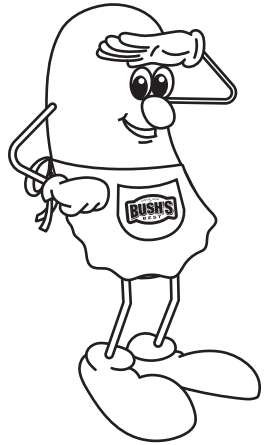


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FIELD TO FORK MAZE

Help the bean find his way out of the field and onto the fork!

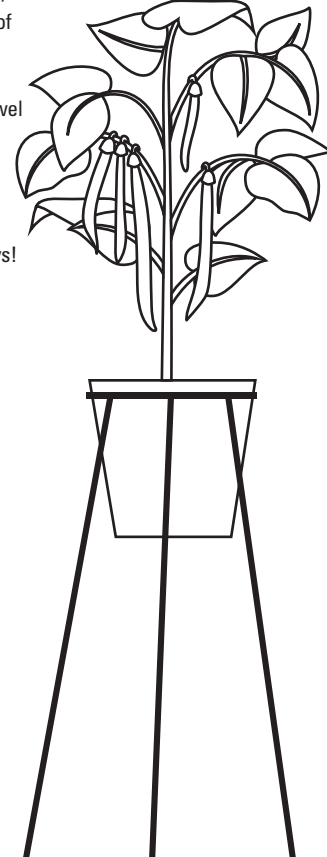


You Can Be A Bean Grower = too! =

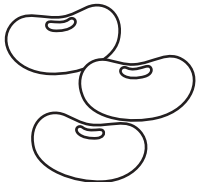
YOU'LL NEED:

- An Empty **Bush's Best®** Beans Can
- Craft supplies (optional)
- A broad bean seed
- A damp paper towel or napkin
- Water

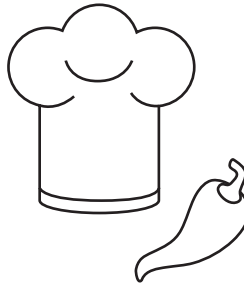
- 1.** Make sure your can is clean and dry. Have an adult remove the lid completely (if it hasn't been already).
- 2.** Decorate the outside of your can however you'd like (remember, it may get wet!) We recommend having an adult cover the top edge of the can for safety.
- 3.** Pour a bit of water in the can and then add your damp paper towel (folded or crumpled is fine).
- 4.** Place bean seed on top of napkin and spray with water.
- 5.** Your bean should start to grow roots (or germinate) in a few days! Keep the experiment going by spraying with water every few days.



Word Search



T	Y	S	S	P	I	C	E	S	N
E	F	B	L	O	E	P	E	U	B
R	T	A	V	A	I	K	T	S	E
C	S	Y	M	C	R	R	U	F	A
E	E	D	E	I	I	E	I	D	N
S	B	R	K	T	L	B	N	R	S
C	H	O	I	U	E	Y	X	I	Y
D	O	O	F	R	E	P	U	S	M
C	U	G	D	E	K	A	B	S	F
S	K	F	E	T	U	W	X	B	X



S	K	F	E	T	U	W	X	B	X
C	U	G	D	E	K	A	B	S	F
D	O	O	F	R	E	P	U	S	M
C	H	O	I	U	E	Y	X	I	Y
S	B	R	K	T	L	B	N	R	S
E	E	D	E	I	I	E	I	D	N
N	T	A	V	A	I	K	T	S	E
C	S	Y	M	C	R	R	U	F	A
G	U	D	E	K	A	B	S	F	
T	Y	S	S	P	I	C	E	S	N

Word Bank: BEANS / DUKE / SECRET / RECIPE / FIBER / MINERALS / BEST / NUTRITIOUS / COOK / SUPERFOOD / BAKED / SPICES / FAMILY

MY OBSERVATIONS:

Date: / /

Date: / /

Date: / /

Date: / /

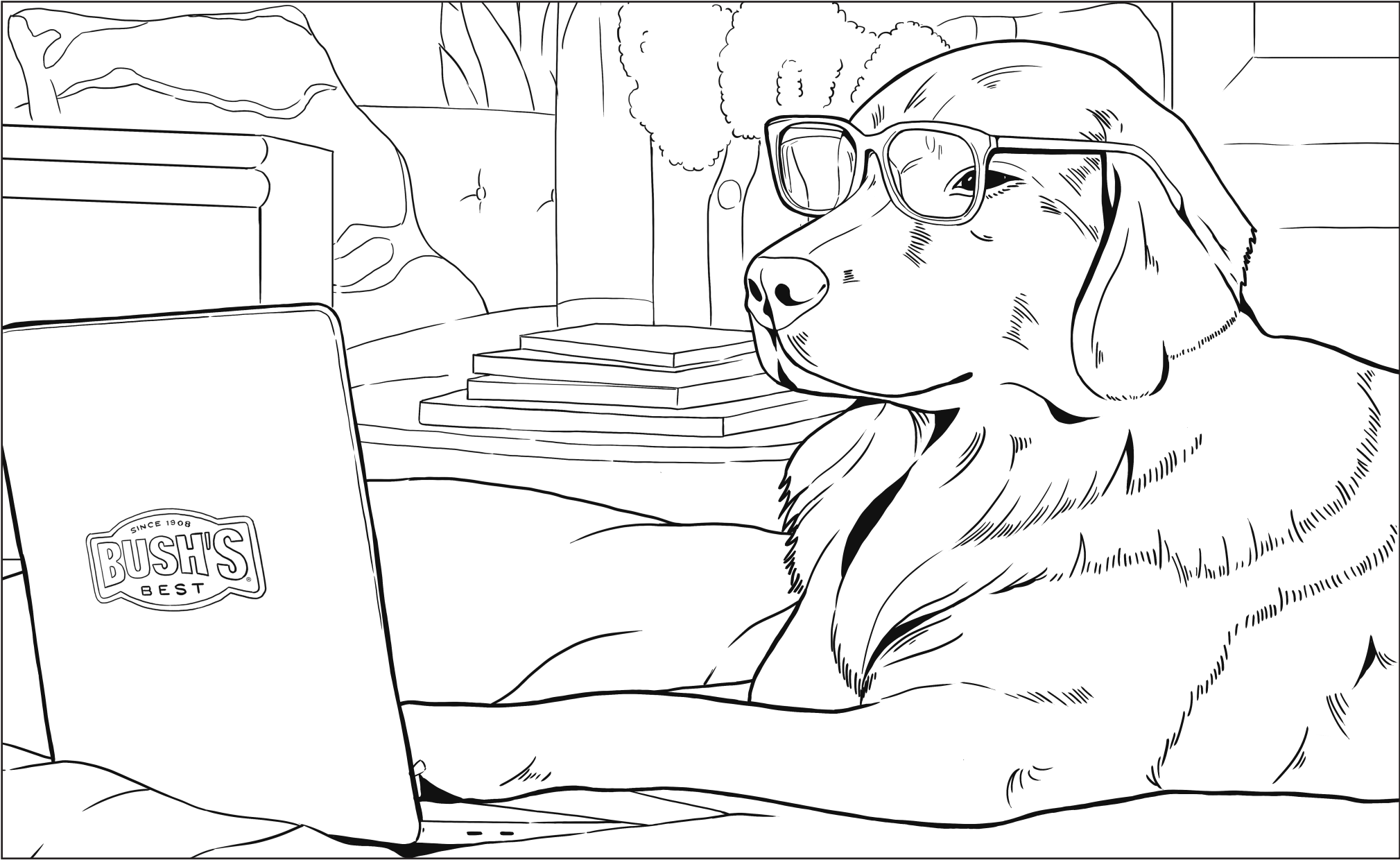


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DUKE LOVES TO LOOK HIS BEST.

Color him in however you'd like and feel free to give him a hat, a bowtie or some colorful fur!



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BEANS IN ALL KINDS OF CUISINES

Did you know beans are used in dishes all over the world? Write the name of the country in each blank using the map and food clues. At home, try making some of these meals with your family. It's always good to try new things!

IN WHAT COUNTRY DO THEY CALL BEANS HARICOT (AR REE COH)?

A. _____

Traditional Dish: **Cassoulet**
A stew made with poultry, sausage, pork, and white beans.

IN WHAT COUNTRY DO THEY CALL BEANS FAGIOLO (FA JOLO)?

B. _____

Traditional Dish: **Pasta e Fagioli**
A traditional soup made with pasta, cannellini beans, herbs and crushed tomatoes.

IN WHAT COUNTRY DO THEY CALL BEANS FASWLYA (FAH SOOL YAH)?

F. _____

Traditional Dish: **Falafel**
A deep-fried ball or patty made from ground chickpeas, fava beans or both.

IN WHAT COUNTRY DO THEY CALL BEANS MATARAŞUTI (MAH TAR SHOOTEE)?

E. _____

Traditional Dish: **Rajma Masala**
Kidney beans prepared with ginger, garlic, onions and a variety of spices including garam masala.

IN WHAT COUNTRY DO THEY CALL BEANS MAHARAGWE (MA HA RAH GWAY)?

D. _____

Traditional Dish: **Githeri**
Corn and beans cooked together with onions, tomatoes, carrots, cilantro and spices.

IN WHAT COUNTRY DO THEY CALL BEANS FRÍJOLES (FREE HOLE AIS)?

C. _____

Traditional Dish: **Frijoles de la Olla**
Beans simmered with onions, garlic and an herb called epazote.

ANSWER: A. France / B. Italy / C. Mexico / D. Africa (Kenya) / E. India (Bengal) / F. Lebanon



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