

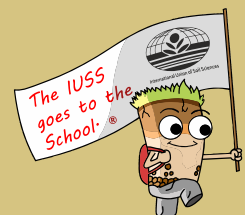


International Union of Soil Sciences

The Bean (*Phaseolus vulgaris*)

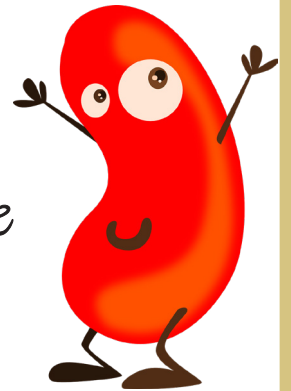
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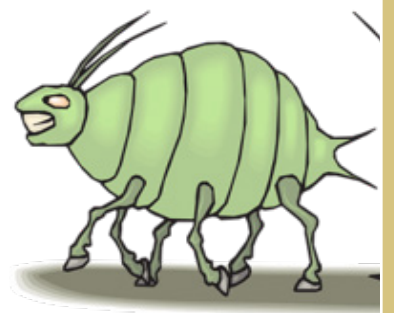
Hi, my name is Phaseolus, but my friends call me Frijolin. I am many colors, and I love to shine on a plate for millions of people to feed.

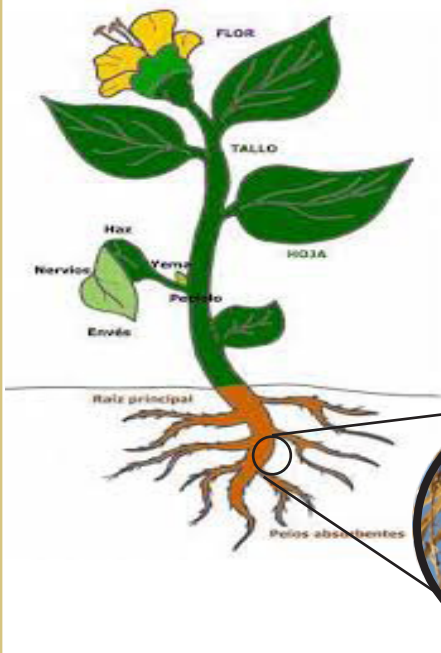


My seed, separated every 15 cm in furrows, you can sow it, in little holes of 6 cm, two seeds you have to lay. And if you don't forget to water me, I will grow very strongly, and in 3 or 4 months, I will be on your plate.



I like to enjoy the rain and the sun, but don't let the soil get too muddy, because my enemies can attack me.

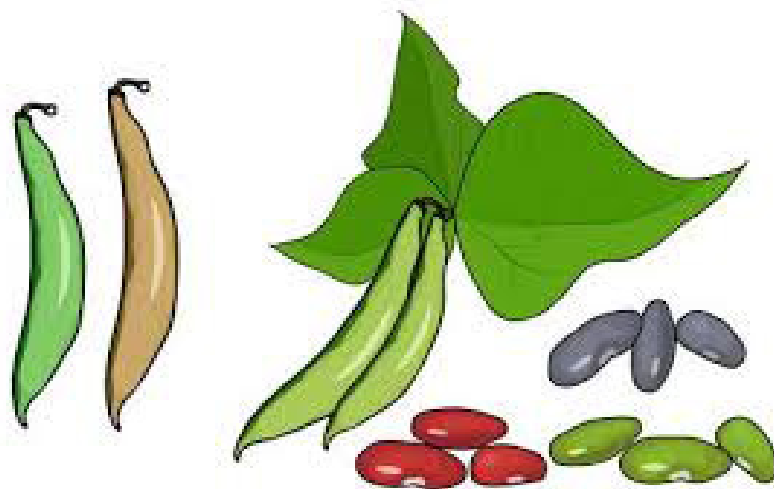




I come from a small plant with multi-colored flowers that, with time, must be transformed into pods where the beans will grow.

My roots in light soils prefer to be and thus a few bacteria host, to nitrogen hold.

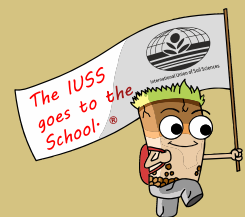
My pods will then turn green and brown, and when you see them dry, you can harvest me.



In many ways, you can cook me: with rice, meat, banana, and in tortillas, you can enjoy me. But always sure you can be that with protein, iron, and fiber, I will always nourish you.



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Editor: Dr. Laura Bertha Reyes Sánchez

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