Lima Bean

What am I?

Lima beans are a vegetable that is part of the legume family. The proper name for the lima bean plant is “lunatus” which means “half-moon” and refers to the shape of the bean. The small white seeds are the legumes, and the green shell is the pod. The pod should be removed before eating.

How do I grow?

- Lima beans can grow on a bush or vine.
- This bean requires warmer weather to grow.

Nutritional Facts

Lima beans are a good source of fiber, protein, B vitamins, magnesium and iron.

Fun Facts

- Americans sometimes call lima beans “butter beans” due to the buttery taste of the beans after cooking.
- Lima beans are toxic when raw and must be cooked before eating.
- Most lima beans are found canned, frozen or dried.

WISCONSIN DEPARTMENT OF
Public Instruction
Jill K. Underly, PhD, State Superintendent