

# Lima Bean

## History

Lima beans have been grown in Peru for the past 9,000 years. It is named after Peru's capital, Lima. The plant's proper name, "lunatus," means "half-moon" and refers to the shape of the bean. Potatoes, quinoa, and lima beans were staple products during the Incan empire in the Andes region. Lima beans quickly spread to many countries by way of traders. Lima beans were being grown in North America by 1300s. They gained popularity world-wide and adapted names such as "Madagascar beans" and "Rangoon beans." Today they are a major crop for California.

Lima beans are a good source of fiber, protein, B vitamins, magnesium, and iron. The small white seeds are the legumes, and the green shell is a pod. You should remove the pod just prior to eating. Lima beans are toxic when raw, so must be cooked prior to consumption.



## Fun Facts

- Americans sometimes call lima beans "butter beans" due to the buttery taste of the beans after cooking.
- A favorite recipe with lima beans is succotash; a dish made with corn, okra, tomatoes, and other vegetables.
- Beans, such as lima beans, belong in the legume family.
- Many vegetables do not contain protein, but the legume family does!
- Lima beans can grow on a bush or vine.



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