

# Tepary Beans



ARIZONA HARVEST SCHEDULE	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
										X	X	

## Find Tepary Beans in AZ

- Ramona Farms
  - via Blue Sky Organic Farms, Litchfield Park
  - via Sun Produce Cooperative, Phoenix

## Food Buying Guide: Tepary Beans Quick Math



1# Dry Beans



4.5,  
1/2 cups  
of Dry  
Beans



No. 10 Can (108 oz)  
Beans



19, 1/2 cups, beans,  
drained, HEATED  
OR  
22, 1/2 cups, beans,  
drained,  
UNHEATED

## Local Recipe

## SOAM BAVĪ BOWL (BROWN TEPARY BEAN)

The Soam Bavī is a protein “power bowl” featuring the tepary bean, brown rice and includes chicken, salsa, and a variety of fresh, and local produce (lettuce, sweet peppers, tomatoes, and onions). Create a local, fresh and protein packed lunch that kids will love!

As proud Arizonans, we’re all too familiar with the monsoon season—where sunny skies pull a dramatic about-face into a torrential downpour faster than you can say “umbrella!”

But here’s the scoop: from this wet-and-wild spectacle, springs a desert delicacy that’s been cherished by Indigenous folks for ages —the fabulous **tepary bean!**

This little powerhouse thrives in the sandy embrace of arroyos (a steep-sided ravine formed by the action of fast-flowing water) during those monsoon showers, soaking up just enough moisture to sprout into a legume that’s not just nutritious but also bursts with delightful flavor.

Talk about a desert overachiever!

## Arizona Harvest Facts

- The **tepary bean** crop is an extremely drought resistant and heat tolerant crop. It is so well adapted to the Sonoran Desert that it is capable of growing off monsoon water alone.
- **Tepary beans** are one of the legumes with the highest protein and fiber content.
- **Tepary beans** are capable of growing in poor, alkaline soil and are a perfect summer crop for those who wish to enrich their soil due to the atmospheric nitrogen fixing as well as contribution of organic matter.
- Tohono O’odham and other Native American tribes traditionally use **tepary beans** cooked in soups and stews.
- In Tohono O’odham legend, the Milky Way is made up of white **tepary beans** scattered across the sky.

Submit the **School Interest Form** and HNS will be in contact to connect you with local producers!

