

Lima Beans

Lima beans are eaten both fresh and dried. Originating in South America. The name "lima" derives from the name of the Peruvian capital. Lima beans were taken to Europe by the first Spanish explorers.



Growing Info: Lima beans are a warm season crop. This will be the first year we're attempting to grow Limas so we'll see how it turns out!

TIPS:

Short-term Storage: Store dry in plastic bag for about a week

Long-term Storage: Mature pods can be dried and stored as dried beans. Fresh young beans can be blanched and freezed.

General Cooking Info: Beans must be taken out of the pods first. The beans are then boiled until tender. Add them to soups. Add them to sautes.

Simply Garlicky Lima Beans

- 4 cups fresh lima beans
- 2 1/2 cups water
- 1 tablespoon olive oil
- 2 garlic cloves, crushed
- 3 thyme sprigs
- 1 bay leaf
- 1/2 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper

Sort and wash beans; drain. Combine beans and next 5 ingredients (through bay leaf) in a medium saucepan. Bring to a boil. Cover, reduce heat, and simmer 20 minutes or until tender. Discard thyme sprigs and bay leaf. Stir in salt and pepper.

From Myrecipes.com

Barbecued Lima Beans

- 1 pound dried lima beans
- 6 cups water
- 1 1/2 cups chopped onions

- 1 teaspoon salt
- 1 cup ketchup
- 3/4 cup packed brown sugar
- 1/3 cup pancake syrup
- 1/4 teaspoon hot pepper sauce
- 4 bacon strips, cooked and crumbled

Place beans in a large saucepan; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain and rinse beans, discarding water. Return beans to the saucepan. Add 6 cups water, onions and salt; mix well. Bring to a boil. Reduce heat; cover and simmer for 1-1/2 to 1-3/4 hours or until beans are tender.

Drain and discard liquid. Stir in the ketchup, brown sugar, syrup, hot pepper sauce and bacon. Transfer to an ungreased 2-qt. baking dish or bean pot. Cover and bake at 350 degrees F for 30 minutes. Uncover and bake 30 minutes longer or until bubbly.

From allrecipes.com

Greek Style Baby Lima Beans

- 10 ounces baby lima beans
- 1 cup water
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons chopped parsley
- 1 tablespoon minced garlic
- 1/2 teaspoon salt

Cook lima beans, water, 2 tablespoons oil, 1 tablespoon parsley, garlic, and salt in a 2-quart heavy saucepan, tightly covered, over moderate heat, stirring occasionally, until beans are tender, 17 to 20 minutes. Season with salt and pepper and transfer to a bowl. Serve sprinkled with remaining tablespoon parsley and drizzled with remaining tablespoon oil.

From Epicurious.com