

Little Book O'green Beans - Louise Pepper

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Once again my way to writing that great novel (it is started, and developing) I keep getting stalled in the land of food. The very staple of our existence. After the completion of the Great Canadian Chicken and Of Borscht and Beyond. I ran into a Bean and here is its story. In the land of great personal loves, next to the Arts and Creative Writing, I spend most of my Saturdays plotting the menus for the upcoming week for the household. When my Goddaughter told me of her very productive green bean crop, my mind went back into a time when I had gardens, and one of the MOST prolific crops was indeed the green bean. Phaseolus vulgaris , Translated probably means, Beans what Grow with great vigor At least that is how I see it. So, on the Saturdays of menus I began to explore some of many ways there are so serve, enjoy and be nourished by this humble little green tube like vegetable, a relative of the Caragana bush we saw edging our yards on the Canadian Prairies, I believe. I was amazed how very good it was, not only eat, but was also good for we humans. There seems to be a never ending trail of ways to serve the bean with likely dozens more I have not yet found. Do enjoy and try some of our culinary treasures. Bean up

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