**Bean-eficial**

*The Oldest Bean Company in America Talks Ritual Dishes, 7 Days a Week*

The nation’s foremost authority on beans, **Camellia Brand**, demonstrates that while specifics differ from state to state, legumes are customarily consumed as a ritual meal, each day of the week. The New Orleans-based bean brand debuted at the city’s historic French Market in 1923; now stocked on shelves across the country, Camellia still offers the most versatile tastes. Paired with a wide variety of other ingredients, seven of its most popular beans contribute to some of the most significant dishes in the South: from Red Beans and Rice, to Hoppin’ John, to Succotash, Camellia’s got the week covered.

**Red Kidney Beans**, one of Louisiana’s most beloved ingredients, dating back to the colonial era, are at the heart of countless Monday night memories centered around Red Beans and Rice. A favorite of jazz great Louis Armstrong, New Orleans’ favorite son who was known to close letters with “Red Beans and Ricely Yours,” the crimson-hued legumes are typically seasoned with more savory ingredients, from *Hambone* to *Andouille Sausage*.

Backyard barbecues will taste better on Tuesday with **Pink Beans**, often found in Old West recipes and hearty Mexican-American meals. Their meaty flavor and slightly powdery texture expertly holds spices, providing the perfect base for ingredients like *Rice*, *Bacon*, *Ham*, *Tomatoes*, *Chili Powder*, *Paprika*, and *Dry Mustard*. Pink Beans may be small and pale, but they pack quite the punch, so *bean* careful!

Wednesday is reserved for **Great Northern Beans,** whose delicate, nutty flavor perfectly complements soups, stews, and casseroles. They’re also a prime ingredient in ***“Kentucky Burgoo,”*** a favorite of the Blue Grass State when paired with *Meats*, *Potatoes*, *Carrots*, *Celery*, *Turnips*, *Peas*, *Tomatoes,* and *Worcestershire Sauce*.

***Succotash*** won’t be sufferin’ on Thursdays thanks to **Lima Beans**, originally planted by Native Americans in the South, which make the classic vegetable dish of the American South a signature staple when married with *Sweet Corn*, *Cream*, and *Butter*. Baby Lima Beans are also a great addition to curries and sausage stews, just in time for fall. Rich with fiber, vitamins, and minerals, Lima Beans are often considered one of the most nutritious legumes, as well as delicious. You’ve *bean* schooled!

Don’t give a black eye to Friday, give it a bean! Specifically, **Black Eyed Peas**, a vital ingredient to soul food and other Southern cuisines. This delicacy offers a distinct and delicate flavor, which is brought to life with *Cabbage*, *Greens*, and *Rice* – better known as ***Hoppin’ John*** – and customarily enjoyed on New Year’s Day. Good luck trying to skip this dish in January 2020!

**Pinto Beans** are cowboys’ Saturday choice of legumes. The most popular bean served in America, they are essential to any self-respecting Tex-Mex cuisine. The star of all great *Chilis*, especially when made with *Jalapeños*, *Cumin*, *Onion*, and *Garlic*, Pinto Beans’ fiber-rich content and firm texture also make them the perfect companion to *Brown Rice*, as well as *Three-Bean Salads*, *Minestrone Soup*, *Stews*, and *Casseroles*.

Praise be to **Crowder Peas**, which are enjoyed at most Southern Sunday suppers after service. Also known as Cow Peas and Southern Peas, this hearty-flavored bean makes any Succotash sing. Crowder Peas are the main ingredient in popular dishes such as *Field Peas with Okra* and *Southern-style Lady Cream Peas*, enhanced with *Smoked Meat*, *Onion*, *Garlic*, and *Herbs*.

For more information:

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