

# Lima Bean



## What am I?

Lima beans are a vegetable that is part of the legume family. The proper name for the lima bean plant is “lunatus” which means “half-moon” and refers to the shape of the bean. The small white seeds are the legumes, and the green shell is the pod. The pod should be removed before eating.



## How do I grow?

- Lima beans can grow on a bush or vine.
- This bean requires warmer weather to grow.

## Nutritional Facts

Lima beans are a good source of fiber, protein, B vitamins, magnesium and iron.

## Fun Facts

- Americans sometimes call lima beans “butter beans” due to the buttery taste of the beans after cooking.
- Lima beans are toxic when raw and must be cooked before eating.
- Most lima beans are found canned, frozen or dried.

