

# Uses

ID	672
Crop ID	French Bean (Common Bean)
Part	Seed
Use Category	Food
Notes	The immature seeds are boiled or steamed and used as a vegetable. The mature seeds are dried and stored for future use. They can be boiled, baked, pureed, ground into a powder or fermented into 'tempeh' etc. The powdered seed makes a protein-enriching additive to flour, it can also be used in soups.
Metadata ID	8,263