

get LOCAL

Join farmers and chefs in celebrating this month's featured, local food.

JULY

BEANS



modern green

Bred to be tender, mild, and stringless. Best lightly cooked.



pole

More hearty and "beany" tasting.



half runner

Break and string. Widely used in the South.



greasy cutshort

Indigenous to Western NC: what the natives eat. Seeds are half-mature when picked.

These beans have strings and are grown to cook slow, often with smoked or salted meats.

Chefs: Get in on the Promotions

Create a great dish using local beans and send its name/menu description to peter@asapconnections.org by 7/15. Your business and dish will be mentioned in end of July ad placements.



ASHEVILLE

