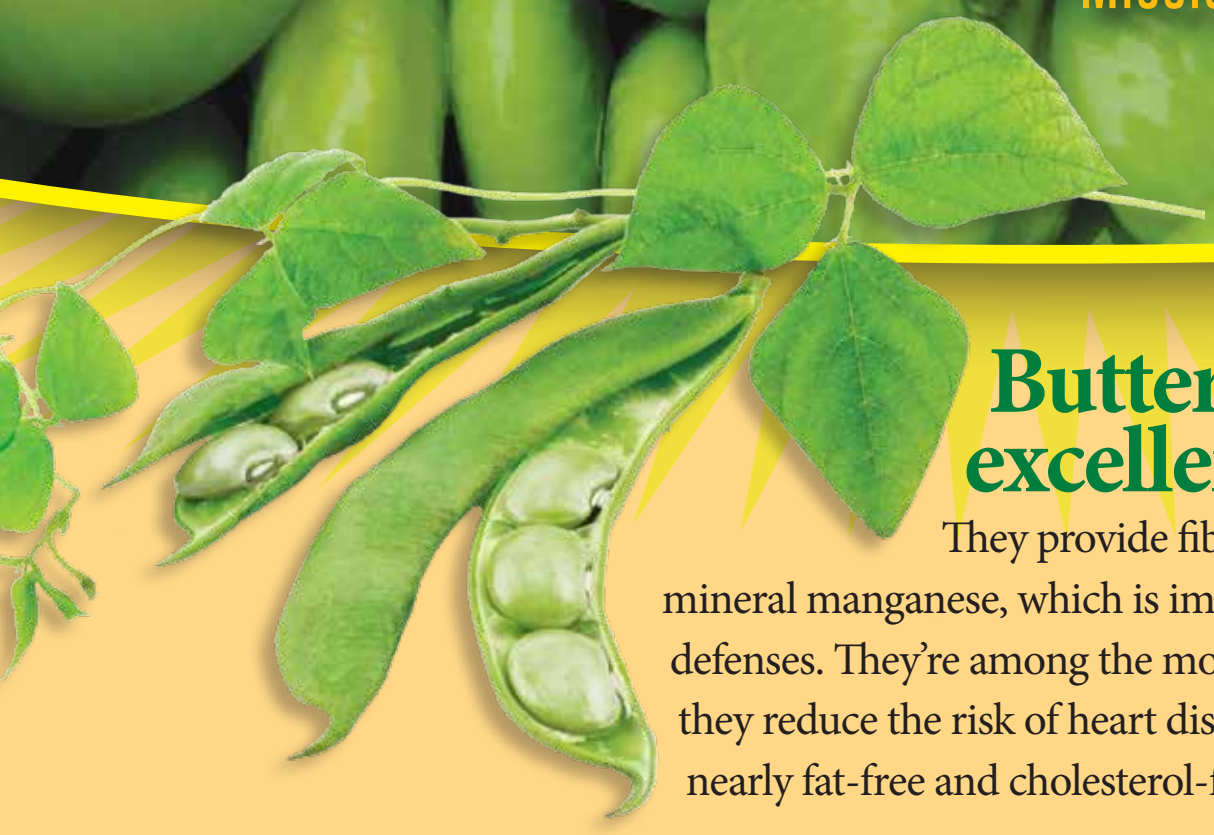
Mississippi Farm to School

Mississippi Grown. Mississippi Good.



Butter beans are an excellent way to eat healthy!

They provide fiber, protein, iron, calcium, vitamins, and the mineral manganese, which is important in energy production and antioxidant defenses. They're among the most versatile and nutritious foods available as they reduce the risk of heart disease. Butter beans are also low in calories and nearly fat-free and cholesterol-free.

Fun Facts

- The term "butter beans" is largely popular in the South, while other areas of the United States may call them lima beans.
- Butter beans are a legume, which means the fruit or seed of the plant is used for food. Butter beans are grown in pods and the seeds are actually what is consumed!

Butter beans are grown in Mississippi by farmers like Louis Guedon from Natchez, MS.

Butter beans are believed to be native to South and Central America.