

Allan Clausen, Hegnstrup Farm, near Copenhagen:

”The beans from Guatemala were brought to Denmark by Guillermo, who is Guatemalan and lives here with his Danish sweetheart Birthe, who did field work practice on our farm in 2003.

Guillermo saw how much trouble I had threshing my beans out of the pods when I wanted to use them as dry beans in cooking. For this I usually used my older variety, 'Carlo's Favorite', which I've used for many years both as a haricot vert and for dry cooking beans.

The Guatemala bean is widely grown and eaten in that country. This one was bought from poor Indian peasants at the market in Guatemala City. The Maya grow them together with maize, letting the beans climb up the cornstalks, and they probably also benefit the maize by fixing some nitrogen at the roots.

I've only had them for 2 seasons and had a very fine harvest in last year's good summer. I sowed 2 beans between each maize plant, after the maize had gotten a head start. The almost-dry vines with pods were hung in the barn to finish drying and the beans were indeed very easy to thresh out of the pods.

This bean is good in stews etc., quick to soften when soaked, and for spicy pâtés.

Good luck! Allan”