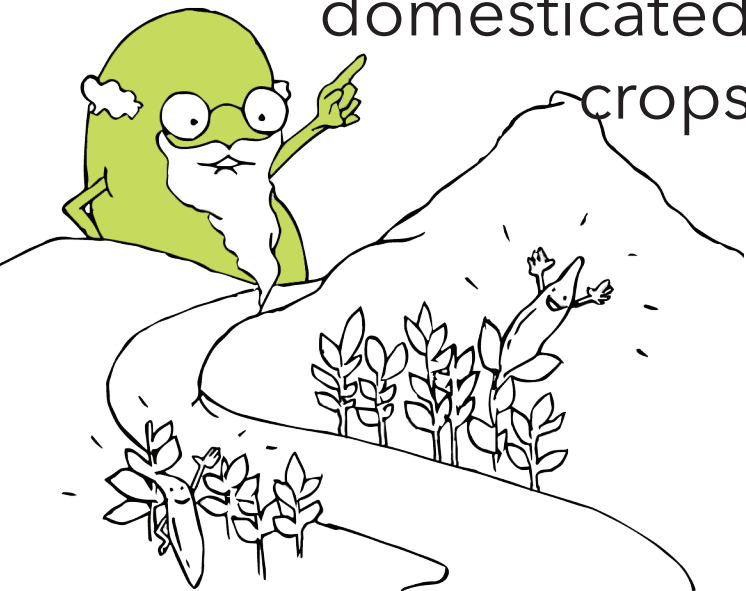


a coloring zine

12 Reasons  
to Love  
Fava Beans

Fava beans are  
one of the oldest  
domesticated  
crops



Farmers grew favas 10,000 years ago in  
the Middle East.

Today,  
fava beans are grown



all over the world

Q: Which country  
grows the most fava  
beans?

A: China! Followed  
by Ethiopia,  
Australia, France  
and Morocco

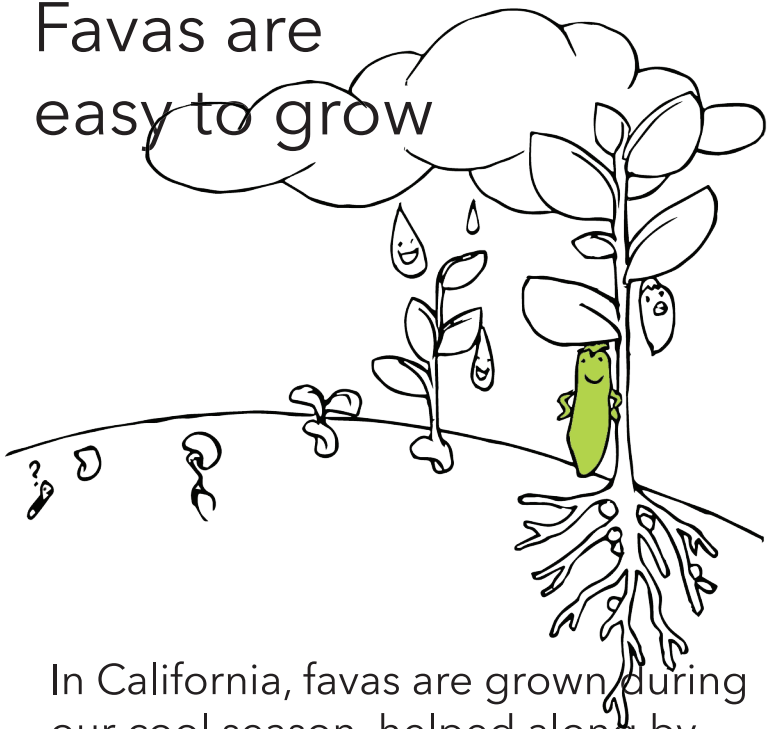
Favas can help you



feel healthy and full

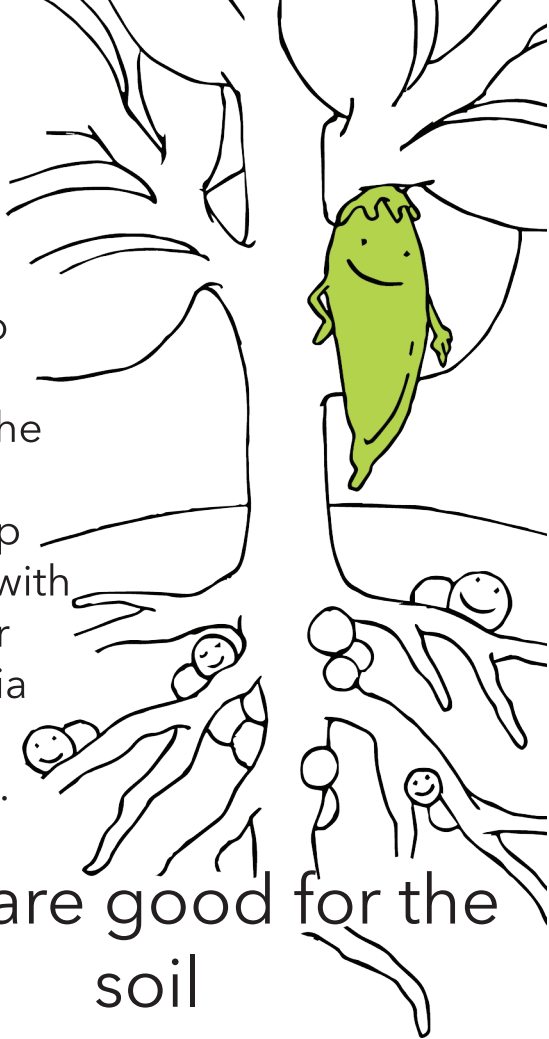
Try a handful of roasted  
fava beans

Favas are  
easy to grow



In California, favas are grown during our cool season, helped along by winter rain.

Favas are especially good at adding nitrogen to the soil, thanks to the friendly relationship they have with a particular soil bacteria called Rhizobium.



Favas are good for the soil

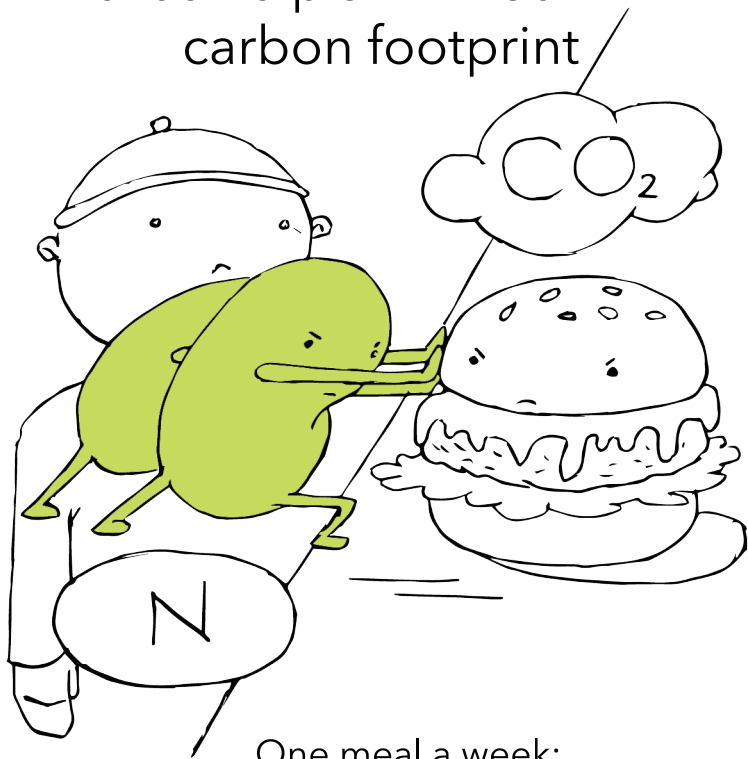


Favas have joined the fight  
against climate change

Fava reduce our reliance on chemical  
fertilizers.



Favas help shrink our  
carbon footprint



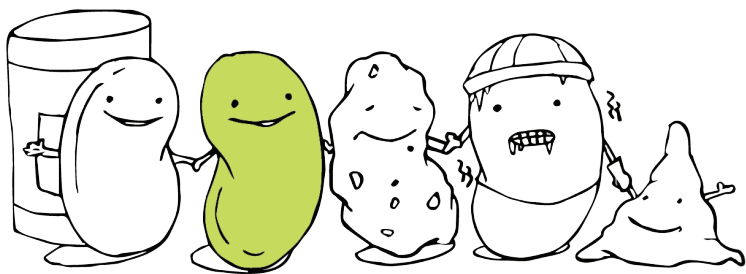
One meal a week:  
choose favas over a hamburger

Favas are  
jam-packed with  
nutrients

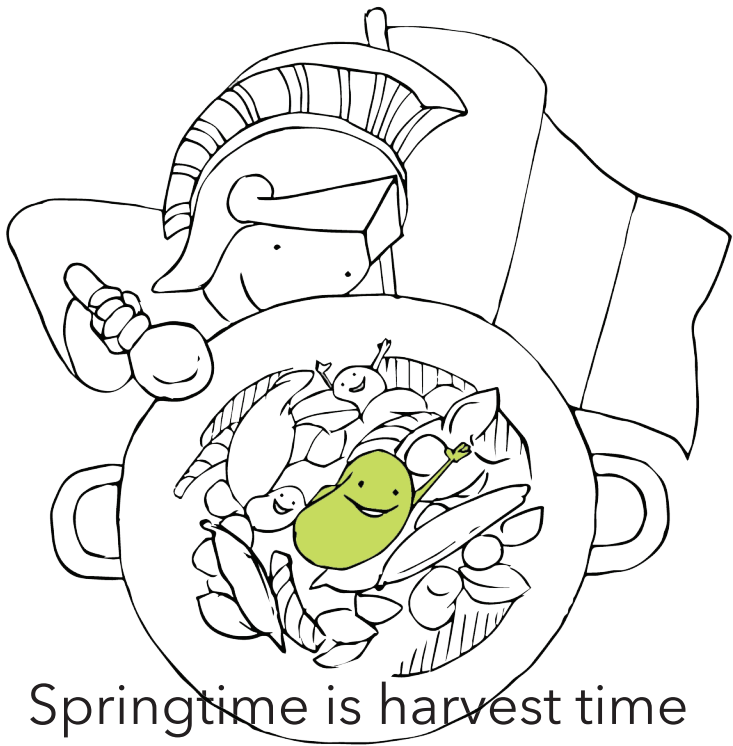


One cup of cooked favas contains  
187 calories, 13 grams of protein,  
33 grams of carbs and  
less than 1 gram of fat.

# Favas are available in many forms

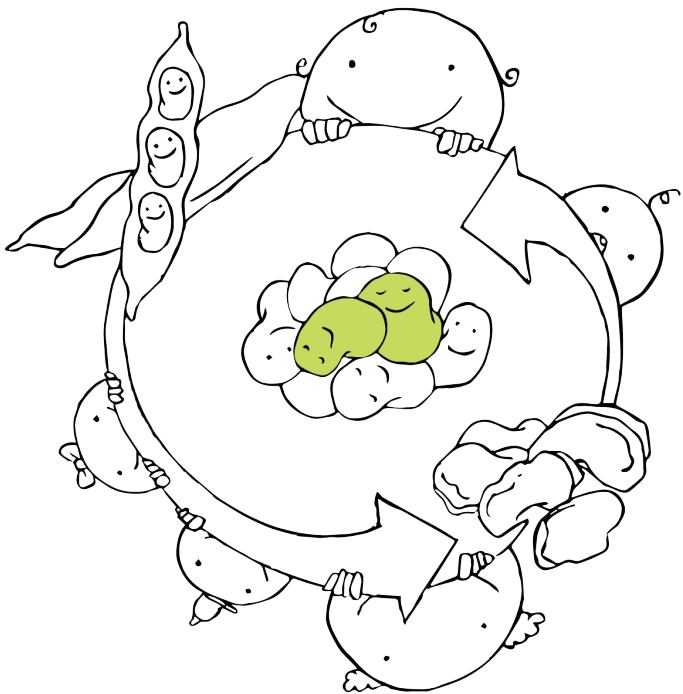


Canned, fresh, fried, frozen - even fava flour. There are a zillion different ways to prepare favas.



Springtime is harvest time

In Rome, people celebrate the arrival of fresh favas with a dish called "vignarola".



## Favas bring people together

Fresh favas can take a little time to prepare, but many hands make light work.



Favas help build community

Favas don't just build community  
above ground, their roots also  
build relationships with  
microorganisms in the soil.

Now you have it:  
12 reasons why we love  
favas.

Try them,  
we hope you will too!



Learn more about favas here

NOTE: Favism is a hereditary health condition that is caused by consuming favas or exposure to fava products. Favism affects a small percent of the population, especially those from Eastern Mediterranean backgrounds. Favism symptoms include headaches, shortness of breath, stomach pains, raised temperatures, and change in urine color. People who develop any of these symptoms must seek immediate medical attention.



## PLANET EARTH OBSERVATORY

Look. Grow. Heal.

Planet Earth Observatory tackles climate change through community science and art initiatives in urban food gardens. Our programs encourage gardeners, students, and others to observe nature, tend ecosystems, heal the planet, and ourselves.

Our advocacy work envisions a vibrant, peaceful planet with healthy food for all.

