

# BEANS

## “Castellfollit del Boix”



## *Mediterranean region*

### *Spain*



The local bean from Castellfollit del Boix is a dry-farmed crop which is produced by the municipality with the same name.

### *HISTORY*

These local beans arrived to Castellfollit del Boix in commercial exchange with America. In 1787 the English writer Arthur Young mentioned the presence of the bean of Castellfollit of the Boix in his book 'Voyage for Catalonia'. He mentioned: "rows of beans planted with a separation of 18 inches between rows and 10 inches between plants".

### *VARIETY*

Castellfollit del Boix.

### *CHARACTERISTICS*

- Medium, flattened seeds, white in color and between rectangular and ovoid shape;
- Fine texture and shiny skin;
- Hardly perceptible seed coat, high creaminess, and delicate dry bean flavor;
- Good integrity of the grain after cooking.

### *TRADITIONAL DISHES*

-Traditionally this bean has been served with tortilla and mushrooms, but also with grilled butifarra, cured sausage or bacon.

More information is available at:  
<https://www.mongetadecastellfollitdelboix.cat/>