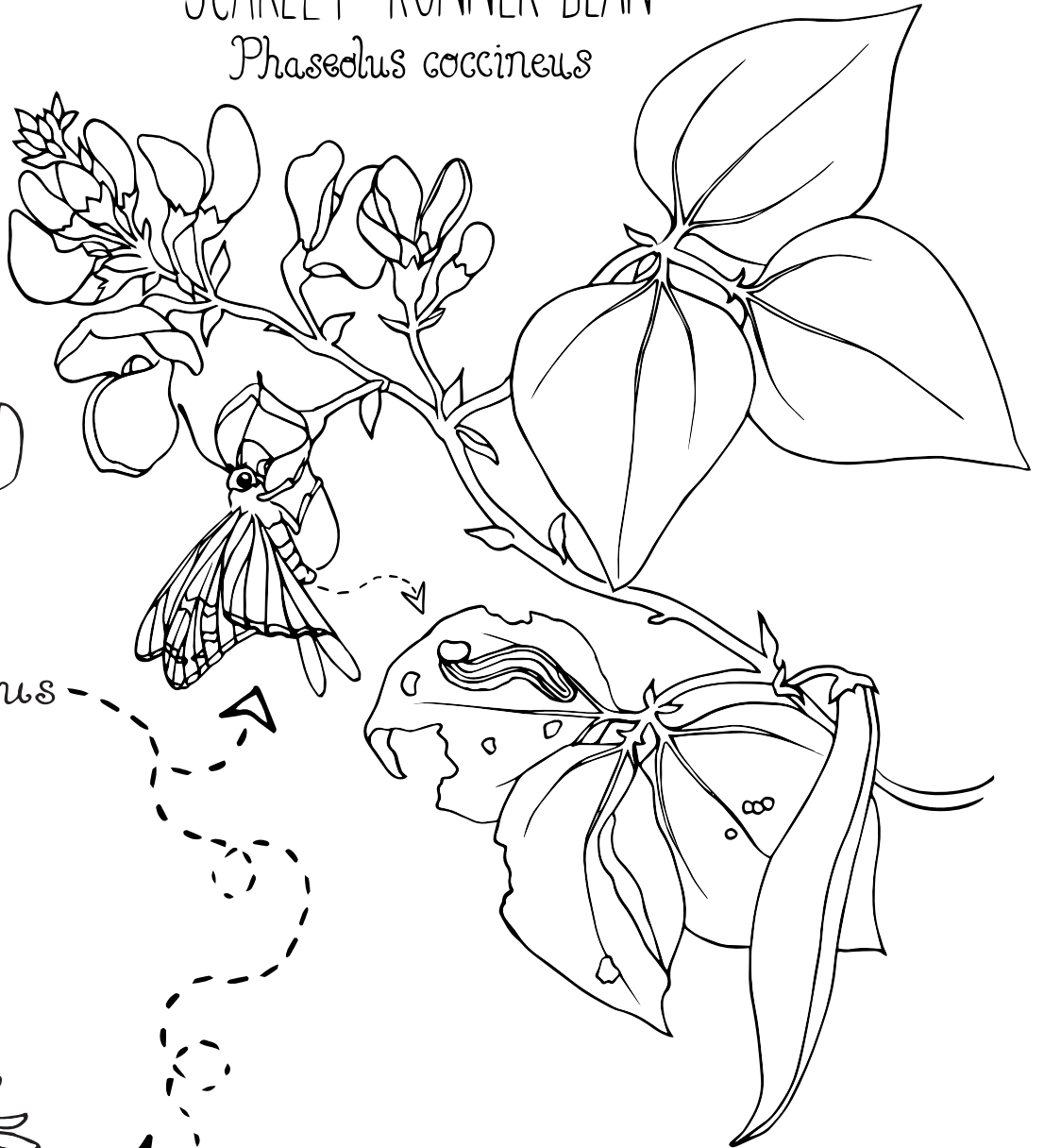


SCARLET RUNNER BEAN

Phaseolus coccineus



LONG-TAILED

SKIPPER

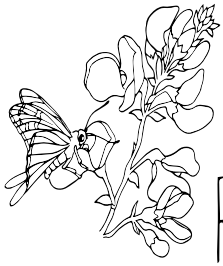
Urbanus proteus



GEORGIA ASTER

Symphotrichum georgianum





SCARLET RUNNER BEAN

Phaseolus coccineus

LONG-TAILED

SKIPPER

Urbanus proteus



GEORGIA ASTER

*Symphoricarpos
georgianum*

When its wings are closed, the Long-tailed Skipper may look dull, but take a closer look– its body is an **iridescent**, luminous blue! This small butterfly lays its eggs on the leaves of **legumes**, such as the Scarlet Runner Bean and other beans and peas. Once the eggs hatch, the yellow and green caterpillars feast upon the leaves. To shelter themselves from predators, Long-tailed Skipper caterpillars curl up inside the leaves of their host plant. This clever behavior is known as “leaf rolling.” Once they are tucked safely inside the leaf-roll, the caterpillars form a protective covering known as a **chrysalis**, which prepares them for the **pupa** stage of complete **metamorphosis**. Up to three weeks later, they finally emerge as beautiful, Long-tailed Skipper butterflies!

During its fall migration to escape oncoming winter, Long-tailed Skippers are drawn to the late-blooming, purple flowers of the Georgia Aster, sipping nectar and pollinating the tiny flowers that make up the flower head. Long-tailed Skippers could not complete their life cycle without shelter and food provided by host plants. It may be tempting to rid your garden of all bugs and caterpillars, but spare some bean plant leaves if you spot a Long-tailed Skipper caterpillar on them, and watch it complete its life cycle!

Scarlet Runner Bean Hummus

Servings: 6

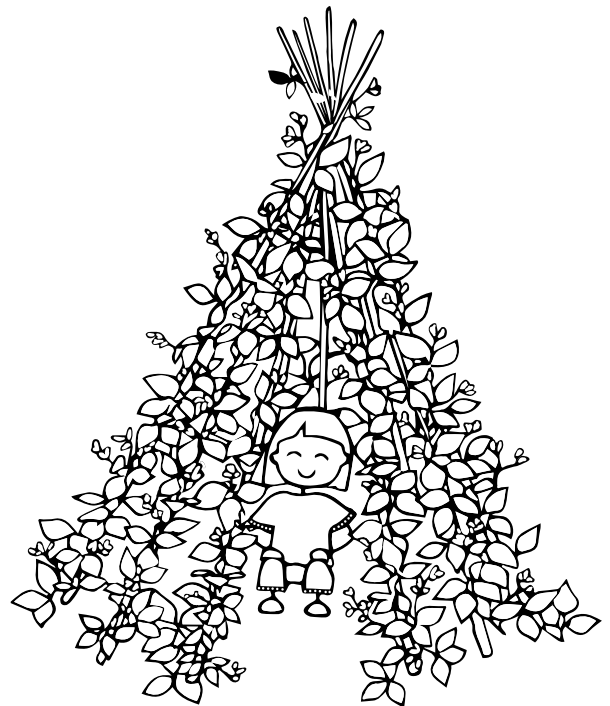
Estimated Time: 10 minutes

Ingredients:

- 2 ¼ cups cooked Scarlet Runner Beans
(made from ¾ cup of dried beans)
- 2 tablespoons freshly squeezed lemon juice
- ½ cup tahini
- 3 tablespoons olive oil
- 2 cloves garlic, crushed
- ¾ teaspoon ground cumin
- Salt to taste

Instructions:

1. Place all ingredients into a food processor and blend to desired consistency (add water if too thick).
2. Serve as a dip with pita chips and cut vegetables such as carrots, bell peppers and cucumbers.
3. Store in an airtight container and pour a thin layer of olive oil on top and sprinkle with cumin when serving.



Grow a nature fort
by building a tipi from
tree branches or bamboo
stems and plant Scarlet
Runner Beans at the base of
each support.

Harvest your Scarlet Runner Beans when the pods are dried and starting to crack. They triple in size when you cook them, so keep that in mind when using in recipes (do not eat dry beans raw, as they contain toxins until they are boiled in water). You can also eat Scarlet Runner Bean pods like green beans when they are tender and green.

