

# J. HAWKENS

## BEAN COMPANY

Our company is based in Goodland, Kansas just twenty miles east of the Colorado border. J. Hawkens Beans are produced on our 6th generation family farm a little southwest of Goodland. We've been a family farm since 1885, first introducing Pinto Beans to our soil in the mid 1950's.

As we're just a few miles from the highest point in Kansas, the warm summer days, cool nights, dry climate and altitude all contribute to a premium, high quality pinto bean. Our goal is to provide farm fresh, premium quality pintos direct to the consumer. "From Our Family Farm To Your Family Table."



## PRODUCTS

As the namesake of the J. Hawkens Bean Company, I'm pleased to provide you with information about who we are and what we're up to. Whether you're a grocery manager interested in putting our product on your shelves or a cook wanting to put our beans in your pot, the J. Hawkens Bean Company is ready to help.

If you're looking for more information about us than we've provided here, feel free to visit us online at [www.JHawkensBeanCompany.com](http://www.JHawkensBeanCompany.com). Since we're so involved in every aspect of the production of our beans, we're especially proud of every product we offer from the rich, creamy flavor of our cranberry beans to the tasty versatility of our Pintos. We hope you'll feel the same after taking a few bags home.

**J. HAWKENS**  
**BEAN COMPANY**

Like those before us, today's J. Hawkens Bean

Company strives to put our best beans forward so that you'll shine during your family dinners. Our beans aren't only delicious and full of protein, it's also believed that they may help keep you from developing health issues such as colon cancer and heart disease.

In the June 2004 issue of Journal of Agricultural and Food Chemistry, researchers used a technique called oxygen radical absorbance capacity (ORAC) to test the antioxidant power of more than 100 different kinds of fruits, vegetables, nuts and spices.



## NUTRITION

The official standings of this study are as follows:

1. Mexican Red Beans
2. Wild Blueberries
3. Red Kidney Beans
4. Pinto Beans

Why is this important? Antioxidant-rich foods such as beans can prevent heart disease and strokes by reducing the build-up of so-called "bad" cholesterol, guard against Alzheimer's and other neurological diseases and combat aging and short term memory loss.

Information courtesy of [www.pubmed.gov](http://www.pubmed.gov)

