

~BROAD BEANS (66)

[Hebrew, *pohl*]

- The **Hebrew** term corresponds with the **Arabic** *ful* and is identified with the **broad** bean, *Vicia faba*, an annual plant extensively cultivated in Syria and Palestine. This type of bean has been found in Egyptian mummy coffins, indicating the use of it in Egypt from ancient times.
- The plant is hardy and erect, reaches a height of about 1 meter (3 feet), and produces a sweet perfume when in blossom. The ripe pods are large and thick, and the beans are brown or black in color. Planted after the early rains in the autumn, they are usually harvested in the late spring toward the close of the barley and wheat harvest.
- The plants are winnowed much like grain. As a food, the green immature pods may be boiled whole as a vegetable, while the ripe beans are often cooked with oil and meat.
- When David moved out of Jerusalem and across the Jordan because of Absalom's revolt, his company was greeted in Mahanaim by a delegation voluntarily offering equipment and foodstuffs, including **broad beans**.
- As for David, he came to Mahanaim, and Absalom himself crossed the Jordan, he and all the men of Israel with him. (**2 Samuel 17:24**)
- And Amasa was the one whom Absalom put in the place of Joab over the army, and Amasa was the son of a man whose name was Ithra the Israelite, who had relations with Abigail the daughter of Nahash, the sister of Zeruiah, Joab's mother. (**2 Samuel 17:25**)
- And Israel and Absalom took up camping in the land of Gilead. (**2 Samuel 17:26**)
- And it came about that, as soon as David came to Mahanaim, Shobi the son of Nahash from Rabbah of the sons of Ammon, and Machir the son of Ammiel from Lo-debar, and Barzillai the Gileadite from Rogelim (**2 Samuel 17:27**)
- Brought beds and basins and potters vessels, and wheat and

barley and flour and roasted grain and **broad beans** and lentils and parched grain. (2 Samuel 17:28)

- And honey and butter and sheep and curds of cattle they brought forward for David and the people that were with him to eat, for they said; The people are hungry and tired and thirsty in the wilderness. (2 Samuel 17:29)
- Ezekiel was instructed to mix **broad beans** with lentils and grains to make a coarse bread to be eaten by weight, depicting famine conditions.
- And as for you, take for yourself wheat and barley and **broad beans** and lentils and millet and spelt, and you must put them in one utensil and make them into bread for you, for the number of the days that you are lying upon your side, three hundred and ninety days you will eat it. (Ezekiel 4:9)
- And your food that you will eat will be by weight, twenty shekels a day. From time to time you will eat it. (Ezekiel 4:10)