

— GREEN BEANS —

What are they?

- Green beans are part of the legume family.
- Green beans aren't just green. They can be yellow, purple, red, or green.
- Green beans can be eaten cooked or raw. Raw beans have a mild flavor and a crisp texture.
- Large overgrown green beans can have a bitter taste, so stick to young tender green beans.
- Fresh green beans can be very long. When green beans are canned, they are usually cut in to fit in the can. They also come in different types of cuts such as French Style.



When are they available?

- Harvested locally in Wisconsin usually July through September.

What's so cool about them?

- Green beans grow in the form of bush that can reach 8 to 20 inches in height or in the form of a 7 to 10 feet long vine. Vine beans are called pole beans.
- Green beans grow very fast. The length of time from planting to harvesting is only 45 to 60 days. Ideally, they should be grown during the spring and summer months, since the plants cannot tolerate cold temperatures.
- The green bean is also known as string bean, owing to the string that ran along the side of the pod. Since the string was not palatable, it had to be removed prior to cooking. Fortunately, a "stringless" variety has been developed.



Why should I eat them?

- Green beans are high in fiber and protein which keeps you feeling full.
- They are also very low in fat, while containing antioxidants, Vitamins A and C, folate, magnesium, and potassium. The combination of these nutrients helps prevent diabetes, heart disease, and cancer.

