

Green Beans

Green beans are vegetables that grow on vines during the summer and fall months. They are also called string beans or snap beans. Yellow wax beans, purple bush beans and purple and beige heirloom varieties are included in the green bean family.

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Why Should I Eat This?

Green beans contain fiber which helps provide a feeling of fullness and is important for digestion. Vitamin K in green beans plays a role in blood clotting and bone health. Folate found in green beans helps tissues grow and cells work in our bodies. Folate is also important for women who are pregnant.

Proper Storage

Place unwashed green beans in a plastic bag and store in the refrigerator for up to one week.

Make a Good Selection

Choose green beans that have a smooth pod. They should be firm and crisp enough that they snap easily when bent. The beans should be bright green and free from damage and discoloration.

How Could I Use This?

- Add to stir-fry
- Add to soup or stew
- Add chopped green beans to a pasta salad
- Add to a casserole
- Serve alone as a side dish or in a vegetable medley
- Steam, roast, or sauté green beans
- Add to fried rice
- Pickle green beans

What is the Seasonal Availability of This Item?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
HARVEST							✓	✓	✓			
MARKET							✓	✓	✓			



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