

# Green Beans

## Nebraska Seasonal Produce Guide

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.



### 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 helps tissues grow, and cells work in our bodies. Folate has an important role during pregnancy in preventing birth defects.

### Proper Storage

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

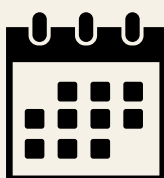
### Make a Good Selection

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



### Seasonal Availability in Nebraska

**Harvest Season:** July through September

**Market Availability:** July through September



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