Green Beans

**Background:**

Pairs well with most proteins and/or savory vegetable such as mushrooms and eggplant

Pleasantly balances the umami flavor in Asian dishes

Can be eaten raw or cooked, and with or without the stems left on them

Originated in Central America but is used today in dishes all over the world, including American, Mediterranean, and Asian cuisines

**Nutritional Value:**

Good source of dietary fiber; vitamins A, C, and K; and manganese

Rich in potassium, magnesium, calcium, folate, and iron

The chlorophyll in green vegetables, such as green beans, may have anticarcinogenic properties.

Vitamin K and calcium are important for bone health and the prevention of osteoporosis.
Green Beans

**How to SHOP:**
Find fresh green beans in the refrigerated area of the produce section, sold loose and by the pound
Choose firm beans with a bright green color and few or no brown spots
Green beans are in season from spring through August

**How to GROW:**
Plant green beans at the end of spring
Green beans will grow up a trellis and should be planted about 3 inches apart
Ready to harvest after 50-55 days, and can be sown every 2 weeks

**How to STORE:**
To refrigerate, store unwashed whole green beans in an airtight container for up to 7 days
To freeze, rinse in cool water and pat dry. Cut stems and store beans in an airtight container