



Green Beans

Plant: Plant in full sun as green bean seeds like warm soil after the threat of frost has passed and soil temperature is above 65-70°F. Seeds like well-drained and fertile soil. Seeds can be started indoors if provided with adequate warmth and light. Plant bush beans 1 inch deep, 1 to 2 inches apart in rows that are 2 to 2.5 feet apart. Plant pole beans on hills or mounds 3 feet apart with rows 3 to 4 feet wide, place the stake in the center of the mound and place 3 to 4 seeds around the pole 1 inch deep.

Grow: Water green beans with 1 inch of water a week. Water them directly at their roots trying to keep the plant as dry as possible. Water in the morning so the plant leaves can dry out, which prevents diseases like leaf mold.

Harvest: Growing season is between 45 and 75 days. Green Beans should be harvested before you notice any bulge in the pod. Pods should be crisp and firm, and snap easily. Don't tug or yank on the plant when harvesting so they can continue to produce. Use one hand to hold the stem and the other to pluck the bean. Harvest when the plant is dry.

Nutrition Facts

Serving Size 1 cup 110g (110 g)

Amount Per Serving

Calories 34 Calories from Fat 1

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 7mg 0%

Total Carbohydrate 8g 3%

Dietary Fiber 4g 15%

Sugars 2g

Protein 2g

Vitamin A 15% • Vitamin C 30%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Nutrition Information:

Green beans are a rich sources of vitamin A, vitamin C and vitamin K and also contains folate, thiamin, riboflavin, iron, magnesium and potassium. Beans in general are a rich source of dietary fiber, which aids in a healthy digestive system.

How to Prepare:

Prepare green beans by cutting off the strings on the ends. Green beans can be cooked in a variety of ways including steaming, blanching (boil in water for a couple minutes until crisp and tender and then plunge in ice water) or sautéed over medium heat with olive oil as well.



Green Beans, Tomato, Garlic and Shallots

Yields: 4 servings

Serving size: 1/2 cup

Ingredients

- 1 ½ pounds green beans, fresh, ends removed
- 1 tablespoon sherry wine vinegar
- 1/5 teaspoon fresh garlic
- 2/3 teaspoon fresh shallots, peeled
- 3 tablespoons olive oil
- 2/3 teaspoon kosher salt
- Pinch of ground black pepper
- 2/3 teaspoon Dijon mustard
- 1/3 ounce fresh Italian parsley, minced
- ½ pound fresh tomatoes, seeded and diced ½ inch

Preparation

1. Blanch green beans. Drain well.
2. Combine vinegar, garlic, shallots, oil, salt, pepper, mustard and parsley for dressing. Mix until well-blended.
3. Combine green beans, tomato and dressing. Toss gently to evenly coat. Serve immediately or refrigerate and serve chilled.

Nutrition Facts per Serving:

120 calories, 9.3 g fat, 6.6 g carbohydrates, 2.6 g fiber, 1.3 g protein