

# Green Beans

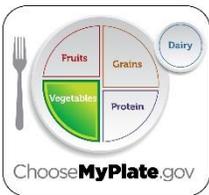


Green beans, also known as string beans or snap beans, are easy to grow and a popular vegetable for the home garden.

## USES AND TIPS

Select fresh beans that are bright green, crisp, and free of blemishes. They should snap easily when bent. Fresh green beans should be stored in a plastic bag in the refrigerator. Use within one week. Wash and trim off the ends before preparing.

Green beans are very versatile. Try them steamed, sautéed or in a stir fry. Green beans can be added to soups, stews and casseroles. As an alternate to French fries, toss green beans in a small amount of olive oil, salt and pepper and bake!



## NUTRITION NOTES

- One cup of cooked green beans contains 44 calories, almost no fat and 4 grams of fiber.
- A one-half cup serving is about 10 medium green beans.
- Green beans are a good source of **vitamin C** (*promotes healing and fights infections*) and **dietary fiber** (*helps with digestion*).

## SHAKE IT UP! SHAKE IT UP! SHAKE IT UP! SHAKE IT UP!



Did you know?

Green beans originated in Central America.

Green beans are an edible pod bean, meaning we eat the pod and seeds.

Green beans are available in different types. Bush beans grow on a short, bush-type plant, while pole beans grow on a vining plant that will climb.

Green beans were first put on restaurant menus by the French.

Green beans are also referred to as “string beans” because they used to have a fibrous string running along the outer seam of the pod. Now, varieties are grown without the string.

- Green beans are a warm season crop that grow best at air temperatures between 65-85 degrees.
- In 2016, the top Georgia counties producing snap beans were Echols and Sumter counties.
- Green beans are ready to harvest about 45-60 days after planting, depending on the variety.
- Green beans need six to eight hours of sunlight for optimal growth.



For more on the Harvest of the Month program and farm to school, visit the Georgia Farm to School Toolkit at <http://gafarmtoschool.org/>.



Source: [Commercial Snap Bean Production in Georgia. UGA Cooperative Extension, Bulletin 1361. July 2013.](#)

Georgia Department of Education School Nutrition Program