

Green Beans

- Green beans come in many varieties and go by many names including:
 - String
 - Snap
 - Chinese long beans
- Green beans should look fresh with a bright green color and be plump and firm with a velvety feel.
- Avoid green beans that are wrinkled and floppy.
- Wash fresh green beans and snap off both ends before cooking.

Why green beans? Why me? Why now?

Gimme a G! Gimme a R! Gimme an E! Gimme a K! Gimme a K? That's right, green beans are stuffed with vitamin K. Vitamin K is a champion builder— of strong bones, that is. It is one of the building blocks of a protein that keeps calcium (which you surely recognize as another component of strong bones) in your bones. And the Builder of the Year award goes to Vitamin K, for promoting healthy bone structure!

Recipes

Green Bean and Ham Soup Adapted from recipazaar.com

- 4 cups fresh green beans, cut into 1-inch pieces
- 3 cups potatoes, cut into 1-inch cubes
- 2 cups ham, cubed, cooked
- 1 cup onions, chopped (1 large)
- 4 cups water
- 1 tablespoon cooking oil
- 1/4 cup all-purpose flour
- 1 tablespoon fresh dill or basil or 1 teaspoon dried dill or basil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup milk



1. Combine green beans, potatoes, ham, onion, water, and oil. Boil until potatoes are soft.
2. Stir together flour, dill, salt, black pepper, and milk and add. Cook over medium heat until thickened and bubbly.
3. Cook and stir for 1 minute more.

Have you "bean" trying these ideas?

- Toss raw green beans into a salad for an extra crunch
- Sprinkle lemon juice and dill over steamed green beans for a tasty side dish
- Add green beans to casseroles, sauces, salads, or soups
- Use green beans as the crazy "hair" on a vegetable face
- Make a bean salad using different colors of green beans
 - If you're a fan of garlic, mince a couple of cloves and sauté with green beans over high heat, searing to add a nice flavor
- For an Asian twist on green beans, add spices like garlic, ginger, scallions, chili paste, and soy sauce.

Green Bean Skillet

F\$NE curriculum recipes



- 1 lb. green beans, 1-16 oz. pkg frozen green beans, or 2-16 oz. cans green beans, drained
- 1 onion, chopped
- 1/2 tsp. garlic powder (or 1 minced clove)
- 1 tsp. canola oil
- Salt and pepper to taste

1. Wash and snap green beans. Cook in a small amount of water until tender, about 7-12 minutes; drain. Or, cook frozen green beans according to package directions; drain.
2. Put canola oil in a large skillet. Add onion; sauté over medium heat until onion is tender.
3. Add green beans, garlic powder, salt and pepper; mix gently. Yield: 4-6 servings.



Viva Vegetables!

For Kids

Did you know???

- The pod color of green beans can be green, golden, purple, red, or streaked, but the beans are ALWAYS green.
- Christopher Columbus saw green beans when he came to America. He noticed that they usually grew next to maize, a type of corn.
- Did you know that some types of green beans, called pole beans, need a little help to grow? Once they've started growing, they grab on to something sturdy, like a pole, and climb it!
- If you want to eat pole beans, you have to pick them by hand. If you want to eat the kind of green beans that grow on a bush, big machines can pick them.



BECOME A MASTER OF LANGUAGES

YOU PROBABLY KNOW HOW TO SAY THE NAMES OF A LOT OF DIFFERENT VEGETABLES IN MANY LANGUAGES. HOW 'BOUT ONE MORE?

LEARN HOW TO SAY "GREEN BEANS" IN SPANISH AND FRENCH SO YOU KNOW HOW TO ORDER THEM WHEN YOU TRAVEL:

SPANISH: JUDIAS VERDES OR HABICHUELAS VERDES

FRENCH: HARICOT



Need a giggle? Try these...

What kind of vegetable is jealous?
A green bean.

What vegetable can tie your stomach in knots?
A string bean.

PUT A LABEL WITH YOUR COUNTY INFORMATION HERE

COLOR ME DELICIOUS!

These green beans need help looking as delicious as they taste. Remember that green beans can be green, yellow, purple, red, or a mix of colors.



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