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Green Beans





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SHOPPER'S TIPS

- Look for fresh green beans that feel plump and firm and have a bright green color.
- Avoid green beans that feel soft, limp, or have brown spots or open pods.

FUN FACTS!

- Green beans used to have a very thick “string” running along the outer curve of the pod. This led to their nickname of “string beans.” In 1894, scientists found a way to grow the beans without the string. Today, nearly all green beans are grown without thick strings.
- Green beans were first grown in Latin America as many as 8,000 years ago.

WHAT IS IN IT FOR YOU?

One cup of green beans is:

- An excellent source of vitamin C and vitamin K.
- A source of vitamin A, fiber, and folate.

SERVING IDEAS

- Boil green beans for about 3 minutes. Drain the green beans and sauté with sliced almonds and bell peppers.
- Boil green beans in low-sodium chicken broth instead of water.

PEAK SEASON

California grown varieties, available from late spring through fall, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Keep unwashed green beans in a plastic bag with small holes and store in the refrigerator for up to five days.