

Green Beans



Nutrition:

Green Beans are a great source of dietary fiber!

Green Beans are a good source of Vitamin C and Vitamin A. Vitamin C helps your body heal if you are cut. Vitamin A helps you see at night.

Did you know?

India is the largest producer of green beans growing 16.2 million tons a year

Green Beans are a type of string bean and there are over 130 different varieties of string beans. They can be many colors (red, green, purple, and multi-colored) and shapes.

You can eat green beans raw you can also pickle them.

Blairsville, Georgia holds an annual Green Bean Festival including a recipe contest and beauty contest.

More:

At the store look for no soft spots and the beans, feel clean not slimy.

Make sure to wash well because they are sprayed with pesticides and fertilizers to help them grow and prevent bugs from eating them.