

Fresh Fruit & Vegetable Program: February 2023

Featured Fresh Fruit: **GREEN BEANS**



Health Benefits:

1. Vitamin K – blood clotting and bone health
2. B Vitamins – brain, blood formation & nervous system
3. Calcium – promotes strong bones, heart & muscle health



Fun Facts:

1. Green beans grown in two ways: on bushes or on plants with long vines.
2. The average production on green beans in the US is over 800,000 TONS!
3. Green beans are the third most popular garden plant, after tomatoes and peppers.

