

Harvest of the Month



RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids ages 5-12	Teens & Adults ages 13+
Males	2 ½ - 5 cups per day	4 ½ - 6 ½ cups per day
Females	2 ½ - 5 cups per day	3 ½ - 5 cups per day

September - Green Beans



Pick: Pick green beans that are deep in color and free of brown spots. A fresh bean will have a velvety touch and make a snapping noise when broken.

Store: Store unwashed green beans in perforated bag and use within a few days. Blanchard green beans can be frozen and used within 12 months.

Prepare: Before use, wash under running water. Remove the stem end by snapping off, trimming with kitchen scissors, or cutting with a knife.

Use: Serve fresh, raw green beans with a dip for a quick snack or add to a salad. Top steamed or roasted beans with olive oil and toasted almonds. They can also be sautéed or stir fried.

Garlic Green Beans

Ingredients:

1 lb of fresh or frozen green beans
1 1/2 Tbsp. Of Olive Oil
2 Tbsp. Of Minced Garlic
Juice from 1 lemon
1/2 tsp of salt
1/2 tsp of black pepper
1/4 cup freshly chopped parsley



Directions:

Wash green beans. Snip off the ends of the green beans if using fresh. Place olive oil in a medium skillet over medium heat. Add the minced garlic. Let it heat until fragrant, about 1 minute. Add in the green beans. Stir. Add in freshly squeezed lemon juice. Stir together and let cook for 4-5 minutes for crisp, tender green beans. Or cook a few more minutes to your liking. Turn off heat. Stir in parsley, and season with salt and pepper. Serve and enjoy!

Fun Facts!

** "Green" beans can actually be green, yellow, purple, or speckled in these colors.

** There are at least 130 different kinds of green beans!

** Green beans may grow as bush beans or pole beans. Pole beans are climbers; they need a trellis or pole to hold up the plant.

Nutrition Info!

** One cup of green beans has 35 calories and provides manganese, folate, fiber, protein, and vitamins A, C & K

Creamed Green Beans With Potatoes

Ingredients:

2 tablespoons vegetable oil
2 tablespoons flour
1/4 teaspoon basil
1/4 teaspoon rosemary
1/4 teaspoon salt
Pepper to taste
1 cup non-fat or 1% milk
2 cups green beans
2 cups cooked new potatoes
1/2 cup sliced mushrooms



Directions:

Heat oil in a small saucepan, blend in flour. Slowly add basil, rosemary, salt, pepper, and milk. Cook and stir constantly until thickened. Add beans, potatoes, and mushrooms and heat through. Enjoy. Refrigerate leftovers within 2 hours.

