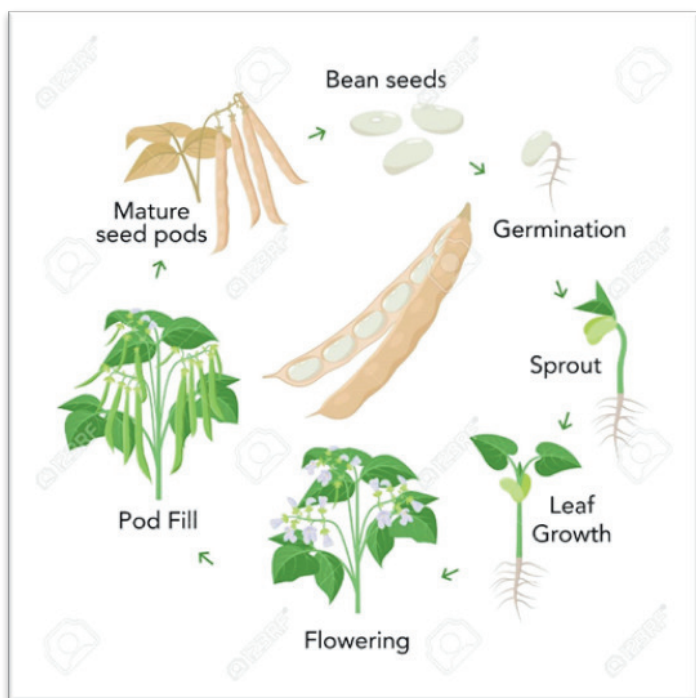


Green Beans

Green Beans are also called String Beans or Snap Beans. Snap Beans got their nickname from the snapping sound they make when being broken. String Beans are called that because most varieties used to have a long string that ran along the seam of the bean.

Life Cycle of a BEAN!



All the beans originate from a common bean ancestor from Peru. The common bean was cultivated in ancient Mesoamerica as early as 8,000 years ago. They spread from this center of origin to North and South America long before European explorers ever arrived.



Fun Facts

- There are over 130 different varieties of green beans
- In addition to green, they can be white, purple, golden, and red
- Green Beans and all 200 varieties originated in the tropical southern part of Mexico, Guatemala, Honduras and part of Costa Rica.
- Beans are available year-round with peak seasons in the spring and fall.
- United States, China, Japan, Spain, Italy and France are the largest commercial producers of fresh green beans in the world today.

Growing Green
Beans at home

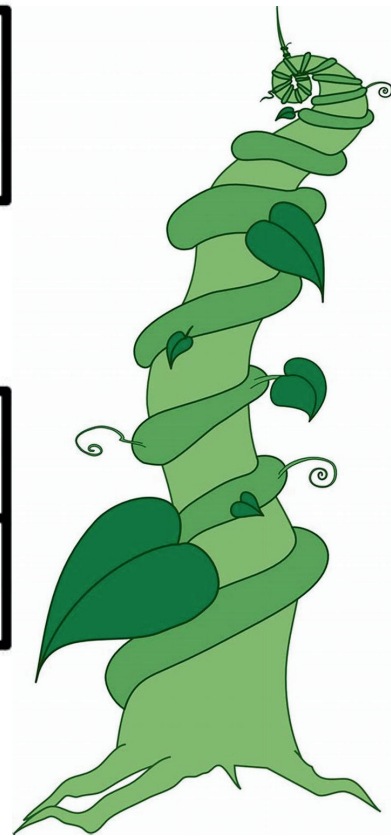
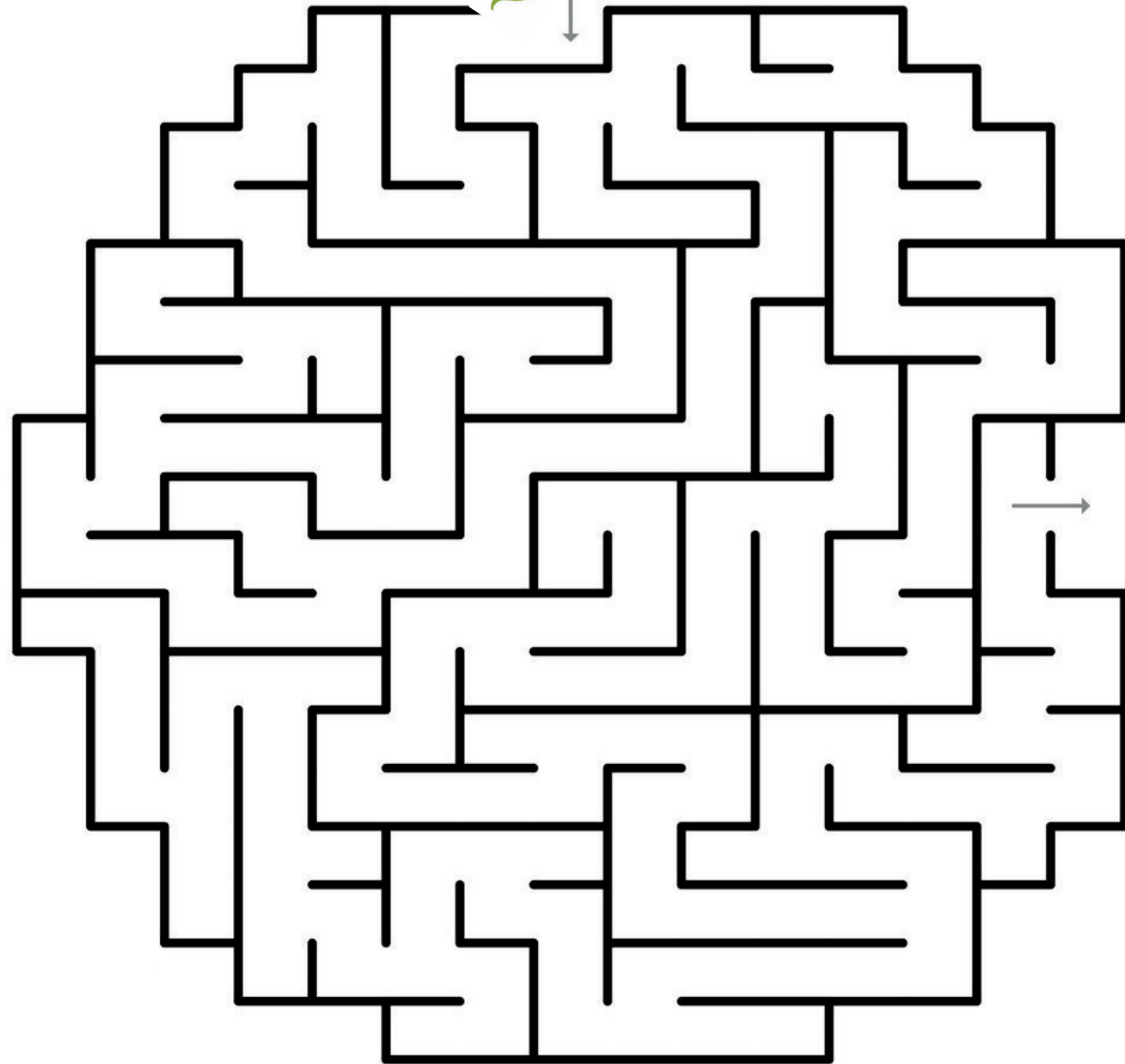




Facts for the Day!



What role do green beans play in Thanksgiving dinner? The casse-role.



Get the green bean to its stalk

Monteverde's

HEALTHY FRUITS & VEGETABLES