

Green Beans

HARVEST OF THE MONTH

Green beans are a crisp and versatile vegetable that can be enjoyed fresh, steamed, roasted, sauteed, or added to soups or casseroles. They provide fiber and nutrients such as vitamin C, K, and folate. Unlike many other beans, green beans are eaten with their pods, giving them their signature crunch and making them an easy way to add some vegetables to meals. Their mild flavor makes them easy to pair with a wide variety of seasonings, proteins, and other vegetables.



did you know?

Green beans are also known as snap beans or string beans. The name “string bean” comes from the tough string that once ran along the pod of older varieties, but most modern green beans have been bred without it.

fun fact

Green beans can grow in two main ways: bush varieties grow on compact plants, and pole varieties climb upward on vines and can grow several feet tall.

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