



Green Beans

Growing and Harvest Information

Green beans are usually ready for harvest in about 50 days after planting. Sow seeds once soil temperatures reach 60 degrees, usually by mid-April. Plant in well-drained, moist soil and full sun. Add compost to enrich the soil. Plant seeds 1 inch deep and 2-4 inches apart. Add mulch later to retain soil moisture. Pole (vining) varieties will need something to climb such as a trellis. Water plants consistently.

Follow the instructions on your seed packet for the length of when to harvest. You want beans that are lean and firm. Overly mature green beans can be tough and stringy. Signs that your beans are overly mature are when the beans are soft or the seeds inside the bean are large and bulging.

Introduction

Green beans are easy to grow and are either a pole (vining) variety or a bush variety. They are highly productive plants and should be harvested frequently. Green beans are a versatile vegetable and can be made into many different dishes.

Preparation & Storage

Storing:

- Do not wash green beans until ready to use.
- Green beans can store for up to 7 days in the fridge.

Freezing::

- Wash the green beans, drain and dry completely
- Trim the ends off both sides of the green beans. To pack more into your container you can also cut the green beans in half.
- Pack into air-tight freezer bags or containers and immediately place in freezer.

Pickling:

- Trim 2.5 pounds of beans to 1/4 inch length shorter than your jars.
- Combine 2 cups water, 2 1/2 cups vinegar, 1/4 cup salt and 1 clove garlic and bring to a boil.
- Put a sprig of dill and 1/8 tspn red pepper flakes to each jar. Pack green beans into jars so they are standing on their ends.
- Ladle hot liquid into jars, filling to 1/4 inch from the top. Discard garlic.
- Seal and process in a boiling water bath for 15 minutes.
- Makes 3 1-pint jars.

Nutritional Benefits

| Source | Rating |
|----------|----------|
| Vitamins | GOOD |
| Mineral | MODERATE |
| Fiber | GOOD |

Use By Guide

| Vegetable State | Use by |
|-----------------|--------|
| Raw | 7 days |
| Freezing | 1 year |
| Pickled | 1 year |



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Fun Fact:

There are approximately 27 million tons of green beans produced each year world wide!

Prepare Beans Like This:

Raw
Roasted
Steamed
Sautéed

Try Beans In:

Sides
Casseroles
Pastas
Soups
Stir-Fries

Preparation

Recipe 1: Simple Skillet Green Beans

Ingredients

- 1.5 pounds green beans
- 2 cloves of garlic, minced
- 2 tbsp olive oil
- 1/2 tsp salt
- 1/2 tsp red pepper flakes
- 2 tbsp water

Directions

1. Heat oil in large skillet on medium-high heat. Add red pepper flake and stir. Add green beans and cook, stirring often for 5-7 minutes.
2. When beans are beginning to blister and brown in some areas, add garlic and salt. Stir constantly until garlic is fragrant, for about 30 seconds.
3. Add water and cover. Cook covered until beans are bright green and crisp tender, about 1-2 minutes.

Recipe 2: Roasted Green Beans

Ingredients

- 2 pounds green beans, trimmed
- 1 tbsp olive oil or as needed
- 1 tsp salt
- 1/2 tsp pepper

Directions

1. Preheat oven to 400 degrees.
2. Pat green beans dry if necessary. Spread on a baking sheet.
3. Drizzle with olive oil, sprinkle with salt and pepper.
4. Use your fingers to coats beans evenly with olive oil and spread them out so that they do not overlap.
5. Roast in preheated oven until beans are slightly shriveled and have brown spots, about 20 to 25 minutes.