



Kitchen Tips for Green Beans

MO Grown Produce

In Season in Missouri:	June - August
Quality:	Choose beans with a vivid color, velvety feel and firm texture. When broken they should snap crisply. Do not buy beans that are limp, oversized, split or have rust spots or scars. If the seeds are bulging inside the pod, they are too mature.
Storage:	Untrimmed green beans should be stored in the warmest part of the refrigerator, or in the coolest part of the storeroom. Fresh beans can be stored in the refrigerator for 3-4 days in a plastic bag. Store away from ethylene gas producing fruits such as apples and bananas.
Food Safety:	Wash the green beans under running water and trim off the ends. Use gloves for produce that will be served raw.
Yield:	For 50, ¼ cup servings, you need 4.5 pounds of fresh, untrimmed green beans.
Preparation Tips:	<ul style="list-style-type: none"> • Blanch beans in boiling water for 2-3 minutes then plunge into ice water until chilled. • Place green beans in boiling water for 4-5 minutes uncovered until they are crisp/tender, then drain, season and enjoy! • Batch cook green beans in a commercial steamer for 3-5 minutes.
Kid-Friendly Serving Ideas:	<ul style="list-style-type: none"> • Bake crispy green bean “fries” topped with parmesan cheese. • Sauté green beans with olive oil and garlic. • Offer different varieties of green beans, such as purple or yellow. • Make a bean salad with blanched green beans, red peppers and mandarin oranges with a ginger vinegar dressing.
Nutrition:	Green beans are a good source of vitamin C and vitamin K. They also have fiber, vitamin A and folate.

Fun Fact # 1:

Green beans take nitrogen from the air and put it back into the soil, so growing green beans can be good for your garden soil!

Fun Fact #2:

“Green” beans can actually be green, yellow, purple or speckled in these colors.

