

Green Beans



Did you know green beans are also called “snap beans”? The “snapping” noise when breaking off the ends of the bean is the reason for the nickname. You can find “green” beans that are green, yellow, or purple.

Green beans have been grown in Mexico for over 7,000 years. Green beans are a warm weather crop but they require only a short growing season. You can plant green bean seeds in your garden (or a pot of soil) and have tasty green beans for dinner within 60 days.

There are two major types of green beans: bush beans and pole beans. Bush beans can stand alone without support. Pole beans climb a support (like a fence) and are easy to pick. Green beans are loaded with nutrients that help keep you healthy and strong.

We’re proud to feature green beans today, grown by <FARM NAME> in <TOWN>.

Enjoy!

Short activities for enrichment:

1. Have students list ways they can eat green beans at home.
 - Young and firm beans are great eaten raw.
 - Steam, boil, stir-fry or microwave beans until cooked but still crisp to maintain nutrients, about 3-5 minutes.
 - Green beans are great in summer salads and side dishes.
 - Add green beans to your favorite casseroles and soups.
2. On average, Minnesota has produced about 6,000 acres of green beans for processing (canning) and 500 acres for the “fresh market” (farmers markets, grocery stores) each year. Research the history of “Green Giant,” a canning company in Minnesota.