



# Green Beans

*Phaseolus vulgaris*  
Nutrition Facts

- Green beans contain iron which helps keep the blood healthy.
- Green beans contain high amounts of fiber.
- Calcium and potassium, which keep the body's metabolism active, are also found in green beans.
- One cup of fresh green beans provides 122% of the daily value of Vitamin K, which helps keep bones strong and healthy.

## Planting

Pole beans: 5/1-5/20  
Bush Beans: 4/15-5/20 or 7/25-8/10  
(Guidelines for planting in raised beds)

**Seeds:** Sow seeds 1/2" deep, 3-5" apart in rows spaced 6-8" apart.

## Care

**Seeds:** Thin plants to 6 inches apart. Water regularly with a gentle spray. Keep the soil moist so that the seeds will germinate.

**Young seedlings:** Water when the top 1 inch of soil dries out. Mulch plants with cotton burr compost or straw to keep soil moist. For pole beans, stake a trellis or pole that is at least 4' tall in the ground near the plant so that the beans are encouraged to grow upward.

## Harvest & Storage

Harvest beans as they become 3 inches or longer. Beans should be harvested by snipping just above the vegetable. Plants will continue to produce beans as long as the plants stay healthy. Be prepared to harvest beans every few days as they grow.

Store beans in the refrigerator for one week to 10 days. Do not wash the beans until right before you eat them.

## Recipe

\*Wash all vegetables before using\*

### Baked Green Beans

1 pound green beans  
1 tablespoon olive oil  
1/2 teaspoon salt  
2 cloves garlic  
1 tablespoon lemon juice

Preheat oven to 400 degrees. Break off ends of the green beans. Finely chop garlic cloves. Place beans, olive oil, salt, garlic and lemon juice in a zip-loc bag and shake. Place beans in an even layer onto a baking sheet. Bake at 400 degrees for 20 minutes. For added taste, toss with fresh herbs and cheese crumbles after baking.



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