

FRUIT/VEGETABLE OF THE MONTH!

Featured vegetable is the Green Bean

GREEN BEAN FACTS:

Green beans are a staple in many households. They go by several names, with some of the most popular ones being string beans and snap beans. Green beans are not always green. They can be yellow or purple too!

People have cultivated and eaten green beans for at least 7000 years. The green bean plants originated from Peru and are native to North, South, and Central America. Today, however, they grow all over the world. China, is the biggest producer of green beans. They export over 15 million tons of green beans each year. Although grown year round, the peak season is between May and October.



Green beans are classified by growth habit into two major groups, "bush" beans and "pole" beans. Bush beans are short plants that grow no more than 2 feet in height, often without requiring support. Pole beans have a climbing habit and produce a twisting vine needing to be supported by poles, trellises, or other means. Over 150 varieties of green beans are known.

Enjoy them steamed, sauteed, blanched, fried, or baked in a casserole.

BUTTERY GARLIC GREEN BEANS RECIPE:

Prep: 10 mins Cook: 10 mins Total: 20 mins
Servings: 4

Ingredients

- 1 pound fresh green beans, trimmed and snapped in half
- 3 tablespoons butter
- 3 cloves garlic, minced
- 2 pinches pepper (can use lemon pepper if available)
- salt to taste

Directions

- 1 - Place green beans into a large skillet and cover with water; bring to a boil. Reduce heat to medium-low and simmer until beans start to soften about 5 minutes. Drain water. Add butter to green beans; cook and stir until butter melts, about 2 to 3 minutes.
- 2 - Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with pepper and salt.

HEALTH BENEFITS OF EATING GREEN BEANS:

- Fiber in green beans may **improve the health of your heart** and helps to keep your digestive system healthy and running smoothly
- Green beans provide plant-based iron that may help avoid anemia
- Many **essential vitamins and minerals** can be found in green beans such as Vitamin A, Vitamin C, calcium, folate, zinc and potassium to name a few
- Folate found in green beans may **aid in a healthy pregnancy and is important for reducing depression**

