

Foods For Thought

From the Vegetable Garden Team of Eden Mill

Volume 1 | Issue 3



Featuring:

**GREEN
BEANS**



Presented by
Harford County
Master
Gardeners
and
Family &
Consumer
Sciences
Educator

Green Beans with Onions, Tomatoes, and Dill

Ingredients

1 lb. washed green beans, ends trimmed
1 diced onion
1 large clove of minced garlic
2 large tomatoes, washed, peeled and chopped
2 tablespoons olive oil
¼ cup water (or tomato juice)
1 tablespoon chopped dill
1 tablespoon chopped parsley

Instructions

Warm in skillet 2 tablespoons olive oil. Add onion and garlic and cook 4 minutes or until onions have softened. Add remaining ingredients and simmer until beans are tender (about 15-20 minutes). Salt and pepper to taste.

Nutrition Information per serving:

Calories: 200; Fat 7g; Carbohydrates 12g; Protein 3g; Sodium 5mg; Fiber 4g

Cheesy Green Beans

Ingredients

3/4 lb. washed green beans, ends trimmed
1 cup mozzarella cheese, shredded
1 clove garlic minced
1 tablespoons parmesan cheese
2 tablespoons olive oil
Salt and pepper to taste

Instructions

Preheat oven to 425 degrees. Line or spray a baking sheet pan. Add olive oil, parmesan, garlic, salt, and pepper to a

bowl. Stir thoroughly. Add the green beans to the bowl and stir to cover the beans with oil mixture.

Arrange green beans on the baking tray, and bake the beans for 20 minutes. Take the tray out of the oven and sprinkle the mozzarella cheese over the beans. Return the tray to the oven for 5 minutes or until the cheese is melted.

Nutrition Information per serving:

Calories: 150; Fat: 7 g; Carbs: 8 g; Protein: 11g

Buttery Garlic Green Beans

Ingredients

1 lb. washed green beans, ends trimmed
¼ cup water
¾ teaspoon salt
1 tablespoon olive oil
1 tablespoons butter
2 garlic cloves, minced
1 tablespoon lemon juice
Black pepper, to taste

Instructions

Heat a large sauté pan over medium-high heat. Combine beans, water and salt. Bring

to a boil and cook for 3 minutes. Drain beans and set aside. Heat oil and butter together in the same pan. Sauté the green beans, moving them around in the pan to coat in the oil/butter mixture (about 1 minute). Add the garlic, another pinch of salt and pepper, and sauté until garlic is fragrant (30 seconds). Immediately remove from heat, add lemon juice and serve.

Nutrition Information per serving:

Calories: 122; Fat 7g; Carbohydrates 9g; Protein 3g; Fiber 3g



Who said this?

AN ACCOLADE FOR THE STRING BEAN

*The string bean in all its slender
splendor,
Sautéed or boiled, crisp or tender,
Or southern style with pork fat render,
Is a spirited contender,
For vegetable of the year!
And yet, it is truly unassuming,
With its modest flower blooming,
As it prepares for its consuming.
Pole or bush, I am presuming,
That the string bean makes the cut.*

-Ann Blocher, Master Gardener



Believe It or Not!

1. Green beans are often called string beans because historically there was a fibrous string that ran along the seam of the bean pod. It used to be necessary to pull off the string because it was tough. Then, in 1897, botanist Calvin Keeney (considered the father of the stringless green bean) used selective breeding to remove the string. But, for many, the name string bean has stuck. *Source: www.softschools.com*
2. Green beans are the third most popular vegetable grown in backyard gardens, after tomatoes and peppers. *Source: www.justfunfacts.com*
3. The use of beans has been so ingrained in our culture that there are even a few expressions in English that incorporate them: *spill the beans*, *skinny as a string bean* and *full of beans* to name a few.



What is... a Green Bean?

Green beans, or string beans, are the unripe edible fruit of the bean plant. Several centuries ago, breeders found a way to breed beans that had tender sweet pods and smaller interior



beans. This selective breeding makes it possible to eat them with the pod still on like a snap pea. Green beans are also known as snap beans because they snap in half when they are at their freshest. Despite the color in their name, green beans can be green, yellow (wax beans), or purple. Most varieties are five to eight inches long, but super long varieties can be as long as 18 inches. No matter what the color or size, the beans within the pod will always be green. Beans are a member of the legume family, along with peas, soybeans, and peanuts.

Health Benefits


- The Vitamin C in green beans provides several benefits. It acts as an antioxidant to protect cells in your body from free radical damage. It also improves immune function and helps your body to absorb iron—an important mineral needed for a healthy body.
- You can meet more than 20% of your daily vitamin K needs with a serving of green beans. Vitamin K is essential for blood clotting, and it also boosts bone health
- Green beans are full of fiber which can improve the function of your heart by lowering cholesterol levels. Fiber also helps to keep your digestive system healthy and running smoothly.

Source: Healthline



Green beans have complete flowers and are considered self-pollinators. This means they don't require pollinators, like insects, to produce pods.

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