

A large, close-up photograph of a pile of fresh green beans, filling the background of the page.

Harvest of the Summer

Bush Beans

Nutrition Information

- Bush beans/green beans count as "Other Vegetables" in the SFSP vegetable subgroup classification.
- Bush beans are low in calories and high in nutrients.
- They're a good source of Vitamin C, Vitamin K, and Fiber.

Selection and Storage

- Pick beans that are bright green, firm, and snap easily when bent.
- Store fresh, unwashed beans in the fridge.
- Use within 5–7 days for best quality.
- For long-term storage, freeze them.

Fun Facts

- You can eat the whole pod!
- There are lots of different types of bush beans, like green, yellow (wax), and even purple!
- Bush beans grow close to the ground and don't need poles or trellises.
- Bush beans help add nitrogen back into the soil as they grow.
- Bush beans are a favorite for school and home gardens because they're ready to harvest in just 50 to 65 days.
- Bush beans originated from Central and South America over 8,000 years ago!



Recipes*

- [Green Beans with Potatoes and Smoked Turkey](#) – ICN Recipe Box
- [Curry Vegetables](#) – ICN Recipe Box
- [Three-Bean Salad](#) – ICN Recipe Box
- [Green Beans with Tomatoes and Basil](#) – MyPlate

*As a reminder, the School Food Authority sponsor is responsible for ensuring standardized recipes and menus meet meal pattern requirements.



While there aren't many credible recipes that feature green beans as the sole main ingredient in CACFP or SFSP settings, they are commonly included in soups, stews, casseroles, mixed vegetable sides, and salads. You can create or modify a green bean-based recipe—just be sure to verify its credibility using the USDA Recipe Analysis Workbook (RAW) to ensure it meets meal pattern requirements.

Educational Resources

- Green Beans Coloring Page in [English](#) and [Spanish](#) - Oregon Harvest for Schools, Food Hero
- Green Bean Video ([English](#) & [Spanish](#)) – Oregon Harvest for Schools, Food Hero
- [Green Bean Basics](#) - SNAP-Ed, Oregon State University Extension, Food Hero
- [Using, Storing, and Preserving Snap Beans](#) – Michigan State University Extension
- [Green Beans](#) - Hmong American Farmers Association
- [Mealtime Memo on Legumes](#) - ICN

Sourcing

- Use the Washington [Food and Farm Finder](#) to locate green beans (also known as bush beans or snap beans) and other seasonal produce from local growers. You can also explore the WSDA Finding Farms webpage for more tools and resources to connect with Washington farms.
- Can't find green beans in your area? Try substituting other summer vegetables like zucchini, yellow squash, or peas—these are often locally available during the same growing season and work well in similar dishes.
- For help connecting with local producers to feature Harvest of the Month foods, contact OSPI at farmtocnp@k12.wa.us or WSDA at farmtoschool@agr.wa.gov.

For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).