



Harvest of the Month

Green Beans

Nutrition Information

- Green beans are a good source of vitamin C.
- Green beans provide vitamin K, and folate (vitamin B9).
- Green beans contain fiber.

Selection and Storage

- Choose green beans that are bright green, firm, and smooth. They should snap easily when bent.
- Avoid beans that are limp, wrinkled, discolored, or have large, bulging seeds. This can indicate the beans are overmature.
- Store unwashed green beans in the refrigerator in a breathable bag or container.
- For best quality, use green beans within about 5–7 days of receiving.

Fun Facts

- Green beans are part of the legume family, which includes peas, lentils, and beans like black and pinto beans.
- There are two main types of green beans: bush beans and pole beans. Bush beans grow on compact plants, while pole beans grow on climbing vines.
- Green beans aren't always green. They can also be yellow (wax beans) or purple.
- The entire green bean pod is edible. Unlike shelling beans, you don't remove the seeds before eating.
- Regular harvesting encourages green bean plants to produce more pods.
- Green beans were originally domesticated in Central and South America.



Recipes*

- [Curry Vegetables](#) – ICN Recipe Box
- [Great Garden Soup](#) – ICN Recipe Box
- [Italian Vegetable Medley](#) – ICN Recipe Box
- [Veggie Stir-Fry With Ginger](#) - ICN Recipe Box
- [Three-Bean Salad](#) – ICN Recipe Box

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

While there aren't many credible recipes available that specifically incorporate green beans, they are commonly used in stir-fries, salads, casseroles, pasta dishes, soups, and vegetable side dishes. You can craft or modify your own green beans-based recipe, just ensure its credibility by utilizing the USDA Recipe Analysis Workbook (RAW).



Educational Resources

- [Book: Green Bean! Green Bean! \(and associated lessons\)](#) – Washington Agriculture in the Classroom
- [Growing Green Beans in Home Gardens](#) – WSU Extension
- [Greens Beans Kids in the Kitchen Activity](#) – WSU Extension, Harvest for Healthy Kids

Sourcing

- Use the [Washington Food and Farm Finder](#) to find green beans and other seasonal foods from local producers. Check out the WSDA Finding Farms webpage for other resources.
- If green beans aren't available in your area: Substitute other locally grown spring items in season, such as snap peas.
- Contact OSPI at farmtocnp@k12.wa.us or WSDA at farmtoschool@agr.wa.gov for support finding Harvest of the Month foods.

HOM are suggestions for what our sponsors can showcase. However, please look at these other [Harvest of the Month Materials](#) to see if another item better fits the needs of your organization.

For more ideas about what items you could feature as a Harvest of the Month, refer to WSDA's Washington State seasonality charts:

- [Vegetables & Legumes](#) | [Vegetales y Legumbres](#)
- [Fruits & Herbs](#) | [Frutas y Hierbas](#)