Green Beans

A seed vegetable

What nutrients are found here?

Vitamin C, Beta-Carotene, Folate, & Protein

(The antioxidant beta-carotene converts to vitamin A)

What do those nutrients do in my body?

- Support the immune system, reproduction, & eye health.
- Vitamins A & C are antioxidants that help protect the body cells from damage.

How/Where can I grow my own beans?

- In the ground or in a raised bed.
- Beans thrive in direct sunlight & in warm temperatures.
- Plant seeds outside after the danger of the last frost.

How should I store freshly picked beans?

- Store unwashed in a sealed bag/container in the fridge.
- Blanch: quick boil, cold water bath, then freeze for later use.

How can I eat beans?

- Any way you want!
- Eat them raw, baked, sautéed
- Add them to soups

