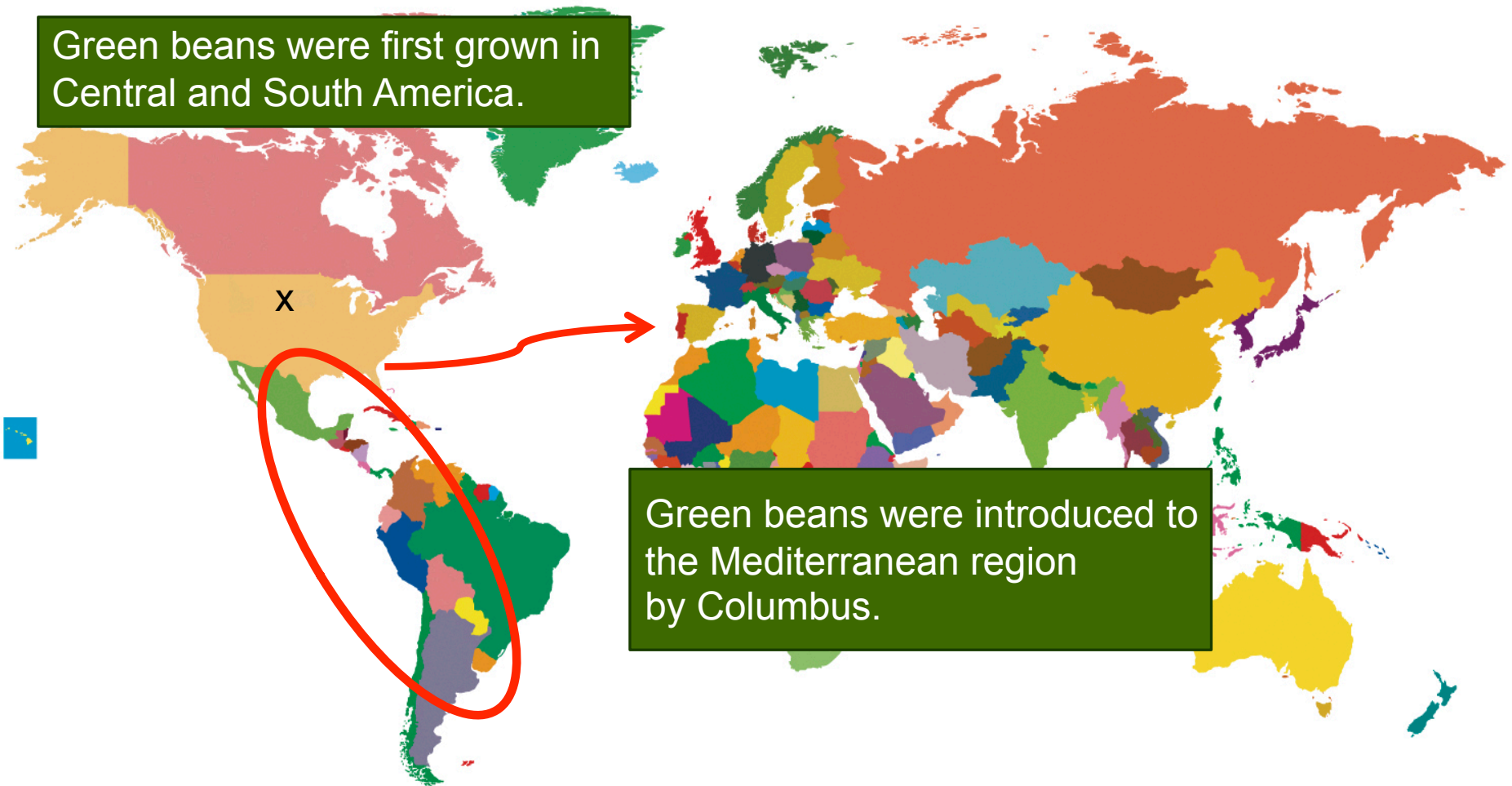




Green Beans

History about green beans

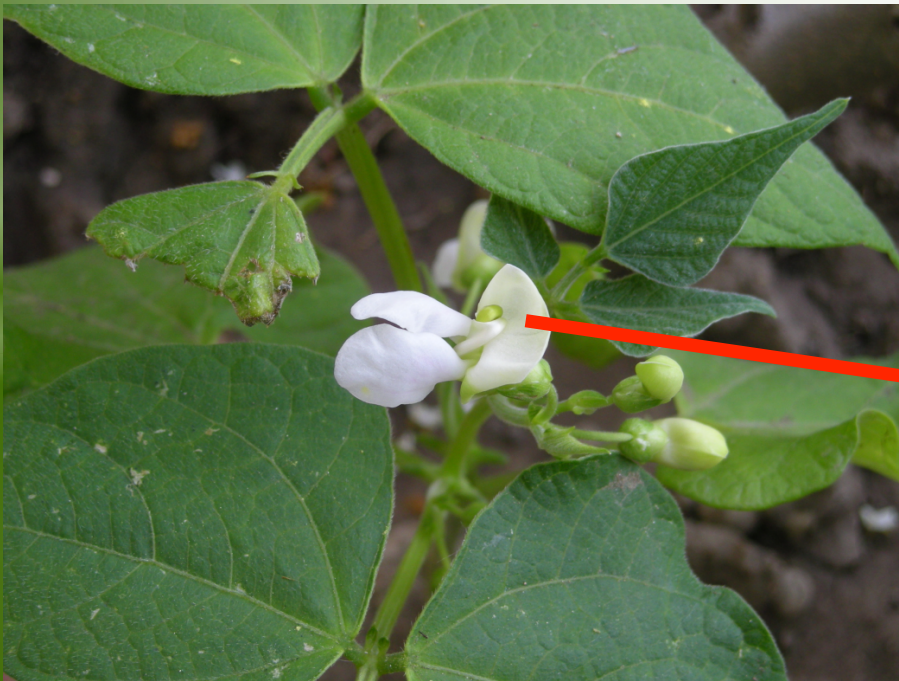
Green beans were first grown in Central and South America.



Green beans were introduced to the Mediterranean region by Columbus.

How do green beans grow?

Green beans grow on a plant. After pollination, the bean flowers swell into the bean pods we eat.

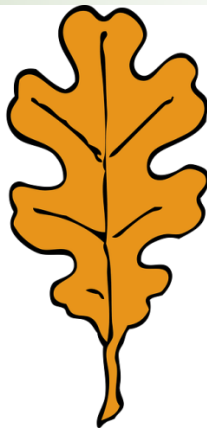


**What season do we pick
green beans?**

Summer



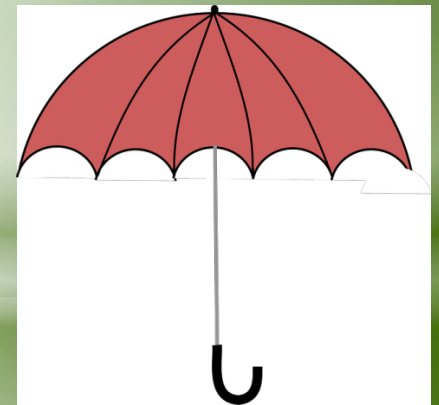
Fall



Winter

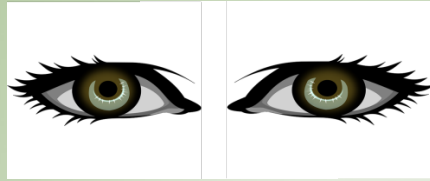


Spring



green beans

Vitamin A



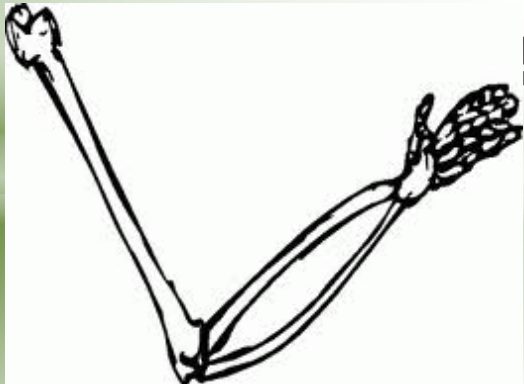
Healthy eyes

Vitamin C



Healthy immune system (heals cuts, prevents colds)

Manganes



Healthy bones

Folat



Healthy blood

Fiber



Healthy digestion,
cleans out your system

How do you pick green beans?

- Choose green beans that are crisp, and solid green (without any spots.)
- Green beans may be stored for up to 7 days in a plastic bag in the refrigerator.
- Choose straight green beans (not crooked ones) because they are easier to cook and prepare.



Fun Fact: Green beans have been cultivated for more than 7,000 years

**Let's try some
green beans!**

