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## Selection

When selecting and buying beans, if you can see the developing bean through the pod then the bean is over-mature and should be shelled. Green and wax beans taste sweetest when young.

“Green” beans can actually be green, yellow, purple or speckled.



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## Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
  - ◆ Do not wash beans before storing in refrigerator.
  - ◆ Beans can be stored for up to 3 days in a plastic bag in crisper drawer of fridge.
  - ◆ Wash beans right before using under cool running water.
  - ◆ Keep produce and meats away from each other in the refrigerator.
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## Why Buy Local?

- ◆ Your money stays locally and is recirculated in your community.
  - ◆ When you spend money locally, it helps to keep small businesses open and build up your community.
  - ◆ Local food travels a lesser distance to your plate compared to supermarket food which can travel as far as 2,000 miles.
  - ◆ You are making a healthy choice for you and your family.
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### FOR MORE INFORMATION...

Contact your local Extension office:

Polk County UW-Extension  
100 Polk County Plaza, Suite 190  
Balsam Lake, WI 54810  
(715)485-8600  
<http://polk.uwex.edu>

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## Green & Wax Beans

## Ejotes

## Uses

Tiny immature green beans from any variety are delicious served raw in salads. They are tender and mildly flavored.

Mature green beans need to be cooked or blanched before eating. Remove the stems.



Italian Style Vegetables

## Nutrition Facts

- ♦ Good source of Carbohydrates
- ♦ Cholesterol free
- ♦ Sodium free
- ♦ Good source of Fiber
- ♦ Good source of Vitamin C
- ♦ Good source of Beta-carotene

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## Try It!

### Italian Style Vegetables

#### INGREDIENTS

- 2 Small zucchini, cut into 1/2" pieces
- 1/2 pound Green beans, snapped in to small pieces
- 1/2 Small cabbage, shredded or sliced thin
- 2 cup Corn kernels
- 1 Medium onion, sliced
- 2 Cloves garlic clove
- 2 Tbsp. Olive oil
- 1 cup Fresh or canned tomatoes, chopped
- 1/2 tsp. Dried oregano

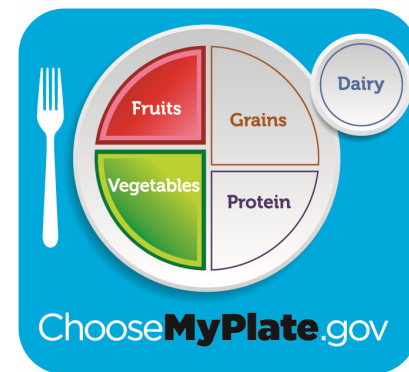
#### INSTRUCTIONS

1. Wash and trim vegetables. Slice zucchini into 1/2 inch pieces; snap beans into pieces; thinly slice or shred cabbage.
2. Heat oil in frying pan; cook onion over medium heat until soft.
3. Add vegetables and oregano.
4. Cook over medium heat for 5 to 7 minutes or until tender. Add chopped tomatoes at the last minute of cooking. Stir occasionally.
5. Serve immediately.
6. Refrigerate leftovers within 2 hours.

Yield: 8 servings

**Note:** If using fresh green beans, cook for 2 minutes before adding onion.

Recipe Source: [www.recipesource.com](http://www.recipesource.com).



## History & Fun Facts

Green beans have been cultivated in Mexico for over 7,000 years.

Snap beans, string beans, and pole beans are the immature pod and beans of dried legumes. All of these will mature to produce fat seeds and tough inedible pods.

Green and wax beans are a tender, warm season vegetable that ranks second to tomato in popularity in home gardens.