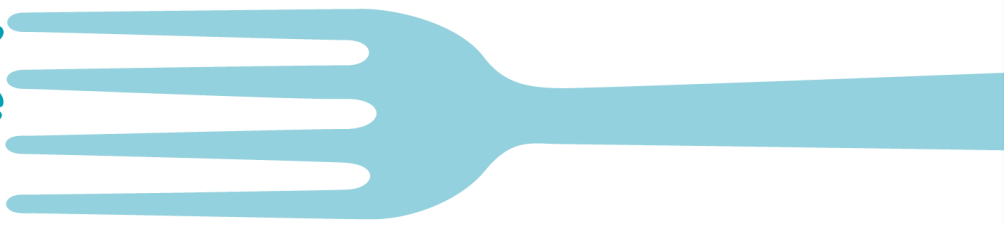


# Harvest of the Month



## March Green Beans



### Pick:

- Choose green beans that are deep in color and free of brown spots.
- A fresh bean will have a velvety touch and make a snapping noise when broken.

### Store:

- Store unwashed green beans in a perforated bag and use within a few days.
- Blanched green beans can be frozen and used within twelve months.

### Prepare:

- Before use, wash under running water. Remove the stem end by snapping them off, trimming with a kitchen scissors, or cutting with a knife.

### Nutrition Info

One cup of green beans has 35 calories and provides manganese, folate, and vitamins C & K.

### Fun Facts

"Green" beans can actually be green, yellow, purple, or speckled in these colors; they are also referred to as "snap beans" or "string beans" - look for new varieties at your farmers' market!

Green beans may grow as bush beans or pole beans. Pole beans are climbers; they need a trellis or pole to hold up the plant.

### Uses

Serve fresh raw green beans with dip for a quick snack. Fresh green beans are also a great addition to summer salads.

Top steamed or roasted green beans with a drizzle of olive oil & toasted almonds. They can also be sautéed or stir fried.

### Family Friendly Activities

Read the story *Jack and the Giant Beanstalk*

Plant beans from seedlings! Green bean are easy to grow, you can begin growing them indoors in small plastic cups, they also are a great container garden plant!

Make your own Bean Bag Toss Game! Take 2 old dish towels or cloths and sew three sides together, Take **raw dry beans** and fill bags, then stitch the 4<sup>th</sup> side closed. Gab a spare cardboard box and cut a whole in the bottom, turn it upside down and you have your very own bean bag toss Game!

# Harvest of the Month

## Nutrition Facts

Serving Size 1/2 cup (124g)

Servings Per Container 8

Amount Per Serving

Calories 90      Calories from Fat 50

% Daily Value\*

Total Fat 6g      9%

Saturated Fat 2g      10%

Trans Fat 0g

Cholesterol 10mg      3%

Sodium 150mg      6%

Total Carbohydrate 8g      3%

Dietary Fiber 5g      20%

Sugars 3g

Protein 3g

Vitamin A 8%      • Vitamin C 15%

Calcium 8%      • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:      2,000      2,500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Green Beans Almondine

Serves 8 (½ cup per serving)

### Ingredients:

6 cups fresh green beans

2 Tbsp. butter

½ cup sliced almonds

1 clove garlic

1 Tbsp. lemon pepper seasoning

Salt and pepper to taste

### Directions:

Wash beans and snap off ends. Place beans in a large skillet with 1/3 cup warm water and cook over medium heat until water has evaporated, about 5 minutes.

Add garlic, butter and seasoning, mix well and sauté for 3 minutes. Stir in almonds and cook until toasted about 5 minutes or until beans are tender and almonds are fragrant.

For more information on Farm2School & Foot Steps to Health visit:  
[www.GetActiveLacrosse.org](http://www.GetActiveLacrosse.org)

Color  
Green  
Beans!

