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 4th 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!

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.
• Blanch 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.
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!

Nutrition Facts
Serving Size: 1/2 cup (124g)
Servings Per Container: 8

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 90</th>
<th>Calories from Fat 50</th>
<th>% Daily Value*</th>
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<tbody>
<tr>
<td>Total Fat 6g</td>
<td>9%</td>
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<tr>
<td>Saturated Fat 2g</td>
<td>10%</td>
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<tr>
<td>Trans Fat 0g</td>
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<tr>
<td>Cholesterol 10mg</td>
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<tr>
<td>Sodium 150mg</td>
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<tr>
<td>Total Carbohydrate 8g</td>
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<tr>
<td>Dietary Fiber 5g</td>
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<tr>
<td>Sugars 3g</td>
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<tr>
<td>Protein 3g</td>
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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 65g 80g
Saturated Fat 20g 25g
Cholesterol 300mg 300mg
Sodium 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

Calories per gram:
Fat 9  •  Carbohydrate 4  •  Protein 4

Color Green Beans!

The Harvest of the Month is a partnership between La Crosse County Health Department’s Foot Steps to Health initiative, the La Crosse County Farm2School Program, area school districts and the community. Funding for this project was provided by the UW School of Medicine and Public Health from the Wisconsin Partnership Program.