

PLANT * GROW

- * If your garden is small, consider planting pole beans. Pole beans yield 2-3x's more than bush beans do from the same space and are easier to harvest. Both beans have the same growing requirements but pole beans need 5-8' tall supports to grow vertically.
- * Beans are easy to grow annuals and must be planted yearly.
- * Pole beans can grow from 5-10 feet tall and spread 1-2 feet wide.
- * Propagate from seed but do not start seeds indoors. Beans do not like to be transplanted.
- * Seeds germinate when soil temperatures reach above 60°F.
- * Plant in spring when all danger of frost has passed.
- * When planting pole beans, construct support for them to grow up before planting bean seeds so as not to damage roots.
- * Plant bean seeds 1" deep and 3" apart.
- * Do not use nitrogen fertilizers.
- * If beans were planted in one area, do not plant them in the same area for three years to decrease the chance of disease.
- * Harvest beans frequently to encourage more beans to grow.

Cornell University Home Garden Websites:

General gardening:

<http://gardening.cals.cornell.edu/homegardening/>

Bean specific:

<http://www.gardening.cornell.edu/homegardening/scenef57c.html>

PURCHASE

- * Local bean harvest begins in mid June and continues until the first frost.
- * Look for a crisp bean that snaps easily between your fingers. They should be firm and slender with a fresh, vivid color and a velvety feel. Look for a long, thin bean, one that doesn't show much bulging around the growing seed.



ENJOY YOUR BEANS

- * Green beans are good sources of folate. They are fat free, saturated fat free; sodium free; low calorie; and a good source of fiber.
- * Beans allowed to mature to dried seeds are high in protein and carbohydrates in the form of starch.
- * Green beans don't only come in green. You can find yellow, red, and purple beans too.
- * Fresh beans can be thought of in two broad categories: those with edible pods (Chinese long beans, Italian green beans, purple wax beans, scarlet runner beans and snap beans) and those that are shelled (such as lima beans, soy beans, fava beans and other "shell" beans).

Websites for Healthy Eating:

USDA: www.myplate.gov

Cornell University Food & Nutrition Education in Communities (FNEC): <https://fneccornell.edu/>

PREPARE

- * Rinse beans in cold water just before preparing. Do not wash until you are ready to cook.
- * Before cooking beans, the bean tips should be trimmed or "snapped" from the beans.
- * To minimize nutrient loss for beans as well as most vegetables, keep the amount of water used in cooking to a minimum
- * A variety of cooking methods are well-suited to beans such as steaming, simmering, microwaving, or sautéing until brighter in color and tender.

PRESERVE

- * The best way to store fresh beans is for short periods of time (up to one week) in plastic bags in the refrigerator.
- * Do not rinse beans before storing in the refrigerator.
- * Beans can be frozen for longer periods of time by blanching first in boiling water for 3 minutes. Cool in ice bath to stop cooking process. Drain and pack in freezer-safe bags or containers.

Food Preservation Websites:

National Center for Home Food Preservation:
www.homefoodpreservation.com

CCE Herkimer County Food Preservation Resources: <http://blogs.cornell.edu/cceherkimer/programs/local-foods/food-preservation-resources/>



RECYCLE * COMPOST

- * Disease free bean scraps provide a rich nitrogen source, nutrients and moisture to your compost.
- * Vegetable scraps are the "green" additions to your compost.

Composting Resources:

Cornell Waste Management Institute:

<http://cwmi.css.cornell.edu/resources.htm>

Composting at Home:

<http://cwmi.ccs.cornell.edu/smallscale.htm>

Green Beans with Sweet Potatoes

- 2 sweet potatoes, cut into chunks (approximately 3 cups)
- 1 onion, sliced
- 1 cup low-sodium chicken or vegetable broth
- 1/4 teaspoon garlic powder
- dash ground black pepper
- 1-3/4 cups cooked green beans
- 1 Tablespoon vegetable oil
- 2 Tablespoons lemon juice (or yellow mustard)

In a medium pot, add potatoes, onion, broth, garlic powder and pepper. Bring to a boil. Reduce heat, cover and simmer 15 minutes or until potatoes are tender. Add green beans, stir gently. Heat on low for 5 minutes or until beans are heated through. Remove from heat. Drizzle with oil and lemon juice, if desired, serve.

Yield: 10 servings; serving size 1/2 cup (50 calories, 1.5 grams fat, 0 grams trans fat, 2 grams fiber, 25 mg sodium)

Bean Salad

- 1-14.5-15.5 ounce can, (2 cups) each green, wax, and kidney beans (low-sodium, rinsed and drained)*
- 1 large diced red onion,
- 1/2-3/4 cup Light Italian Dressing
- 1/2 teaspoon black pepper, if desired

Put beans and onion in bowl. Pour dressing over beans. Refrigerate several hours or overnight, if possible. Stir a couple of times before serving.

*Can also use fresh beans or cooked dried beans like chickpeas (garbanzo beans).

Yield: 14 servings; serving size 1/2 cup (60 calories, 1.5 grams fat, 0 grams trans fat, 4 grams fiber, 170 mg sodium)



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Herkimer County Farmers' Markets

<http://blogs.cornell.edu/cceherkimer/programs/local-foods/local-farmers-markets/>



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Creating Healthy Places

Green Beans



Herkimer County Produce Cycle

