



## Florida Fresh: Snap Beans<sup>1</sup>

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You can buy delicious fruits and vegetables at farmers' markets. You can also ask the person who grew it how to eat it! Because the produce is locally grown, it's fresh and costs less than at the supermarket. Enjoy some of your favorites or try something new! To find a farmers' market in your area, call your county Extension office or visit the Florida Department of Agriculture's web site: [www.fl-ag.com/farmmkt/city.htm](http://www.fl-ag.com/farmmkt/city.htm).



### History and Facts

 Snap beans are also called **green** beans or **string** beans, even though the beans we eat today have no strings.

 Snap beans are actually young, unripe kidney bean pods.

 It's believed that snap beans originated in Central America.

 Snap beans grow on bushes or climbing plants. Beans that grow on climbing plants are called pole beans.

 Snap beans may be green, yellow, or even purple.

### Availability

All year long

### Selection

Choose snap beans that are bright-colored, free of blemishes, and snap easily when bent. Avoid beans that are wilted.

### Storage

Refrigerate snap beans in a plastic bag for up to five days.

### Uses & Preparation

Clean beans in a bowl of cold water before preparing. Cut off tips, then cut beans in half if desired. Enjoy raw beans in salads or with dips. Cook beans until just tender—overcooked beans lose flavor and nutrients. Some cooking tips:

- ✓ Stir-fry with garlic and onions in small amount of vegetable oil.
- ✓ Boil in small amount of water, drain, and add mushrooms.
- ✓ Steam or microwave; then season with fresh or dried herbs such as dill, oregano, or basil.

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## Nutrient Facts

- ❖ Good source of fiber
- ❖ Fair source of folate, vitamin C, and potassium
- ❖ Fat, cholesterol, and sodium free

## What are Organically Grown Foods?

*Organically grown* means that a food was grown without synthetic (man-made) pesticides or fertilizers. Natural pesticides and fertilizers were used instead. Organic and non-organic foods are similar in taste and nutritional value. However, organic foods usually cost more.

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## Easy Green Bean Salad

Serves 4

1 pound fresh green beans, cleaned, trimmed, and cut in half  
 ½ small onion, sliced  
 1 tomato, rinsed and chopped  
 ½ cup lowfat Italian-style salad dressing

Blanch green beans by placing in boiling water for 1-2 minutes, then immediately cooling in a bowl of ice and water. When beans are completely cooled, combine all ingredients in medium bowl. Toss to coat with dressing and enjoy!

## Garlic Green Beans

Serves 4

1 pound fresh green beans, cleaned and trimmed  
 3 tablespoons olive oil  
 3-4 cloves garlic, peeled and sliced  
 ½ teaspoon dried oregano, dill, or basil (optional)  
 Salt and pepper to taste

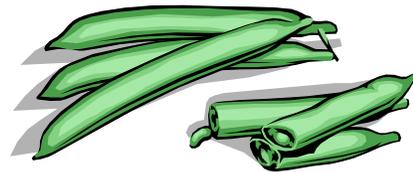
Add oil and garlic to large skillet over medium heat. Cook garlic until lightly browned. Add remaining ingredients, stirring often. Cook until beans are just tender.

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## Green Bean and Red Potato Salad

Serves 4

½ pound fresh green beans, cleaned, trimmed, and halved  
 1 pound red potatoes, scrubbed and cut in cubes  
 1 cucumber, scrubbed and chopped  
 ½ small onion, chopped  
 2 cloves garlic, minced  
 2 tablespoons olive or canola oil  
 2 tablespoons white or red wine vinegar  
 ½ teaspoon dried oregano, dill, or basil  
 Salt and pepper to taste



Place potatoes in small pot and cover with water. Boil for 5-6 minutes. Add beans and cook until potatoes are tender and beans are tender-crisp (about 4-5 minutes). Drain and cool under cold running water. In a large bowl, combine remaining ingredients. Add potatoes and beans and mix well. Refrigerate for at least one hour. Mix before serving.