

Green and Yellow Beans



Blue Lake

Derby Bush

Emerite

Golden Crop Wax



Kentucky Blue

Romano Bush

Harvester

Asparagus Yardlong



Kwintus

Kentucky Wonder

Romano

Greencrop



Pole beans



Bush beans



Canning Green Beans

Canning vegetables must be done with care. All foods harbor microorganisms; these decrease food quality and may form toxins or poisons under certain conditions. To preserve food for long-term storage, conditions must be made unfavorable for the growth of microorganisms.

Food acidity determines which canning method is needed. A pressure canner is needed for canning vegetables. Pressure canners attain a temperature of 240 - 250° F in order to destroy harmful effects of bacteria.

For further information on proper canning practices and processing times for vegetables refer to the National Center for Home Food Preservation at: www.uga.edu/nchfp



For more information contact your local University of Idaho Extension Office or visit www.uidaho.edu/extension www.uidaho.edu/extension/twinfalls

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Green and Yellow Beans

Green and Yellow Beans are a good source of vitamin C, vitamin A, fiber and potassium. Beans are low in sodium and very low in saturated fat and cholesterol.



Green beans are available year around with a peak season of May to October. They may also be called snap beans or string beans.

This brochure offers useful facts on green beans. Inside you will find a recipe, preparation methods, storage, freezing and canning instructions to help at home.

Let's Eat Green Beans

Easy Garden Green Beans

Ingredients

- 1 pound fresh green beans, trimmed
- 3 tablespoons olive oil
- 3 cloves garlic, sliced
- 1 pinch salt
- 1 pinch ground pepper
- 2 tablespoons white wine vinegar
- 3 tablespoons freshly grated Parmesan cheese
- 2 tablespoons chopped fresh parsley

Directions

1. Set a steamer basket insert into a large saucepan and fill with water to a level just below the steamer. Bring to a boil. Add green beans, and steam to your desired degree of tenderness, or about 5 minutes.
2. Once the beans have cooked, transfer them to a serving bowl. Toss with olive oil, garlic, salt, pepper, white wine vinegar, and Parmesan cheese. Let stand for 10 minutes. Remove garlic slices and garnish with parsley before serving.

Prep time: 10 minutes
 Cook Time: 10 minutes
 Ready in 20 minutes



General Preparation Instructions

Choose green or yellow beans with pods of equal size (for even cooking) that are not thicker than a pencil. If the seeds are bulging in the pod, they are too mature. Beans need to have a fresh vivid color, velvety feel and firm texture. When broken they should snap crisply. Wash fresh green or yellow beans thoroughly in cool water. If right from the garden, you may want to wash again. Break off the end (the top and the tail) as you wash them. Leave whole or cut into desired lengths. Beans can be cooked whole, cut crosswise, diagonally or French-cut (finely sliced).

Quick and Easy Ways to Serve Green or Yellow Beans

- ◇ Toss cooked beans with a little margarine, butter or low-fat Italian dressing and grated Parmesan cheese, basil, dill, lemon juice, or chopped peanuts or almonds.
- ◇ Serve raw on a vegetable platter or fresh salad.
- ◇ Have beans ready for dunking in your favorite dip for a great after-school treat.
- ◇ Cut in bite size pieces and stir fry with 2 tablespoons vegetable oil. Stir over medium heat until tender. Add a variety of vegetables and seasonings as desired.
- ◇ Add beans to stews, chili and soups. Just cut into desired lengths and add with other vegetables.
- ◇ To microwave put about 1 pound of beans into a 2 quart microwave-safe baking dish with 1/4 cup water. Cover and Cook on high about 9-13 minutes, stirring twice or until tender crisp.

- ◇ Add minced onion, garlic or sliced mushrooms that have been sautéed in a little margarine or oil to cooked green or yellow beans.
- ◇ Green bean flavor enhancers—dill, garlic, cumin or tarragon.

Storage

Green beans are best stored in the refrigerator. Proper moisture is important to avoid wilting and drying out. A plastic bag or plastic container usually works well. For the same reason do not wash them before refrigerating, wash green beans just before using.

Freezing

Freezing is one of the easiest and most convenient methods of preserving foods for later use. Blanching is the process of immersing food in boiling water for a short period, then cooling rapidly in an ice bath to stop cooking. Blanching times are listed in the chart.

Green or Yellow beans	Wash, snip off ends, cut or break into pieces, or slice lengthwise	Blanch 3 minutes, cool, pack and freeze
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Yield: 1 pound of green or yellow beans equals about: 4 cups cooked, 3 cups raw, cut up beans, 3/4 pound frozen, 1 bushel is about 30 pounds.

Remember: Canned green and yellow beans are higher in sodium than fresh cooked or frozen vegetables. Draining liquid and rinsing canned vegetables help to reduce sodium.