



GREEN BEANS



Green beans have many health benefits and contain nutrients. They are an excellent source of vitamin K.

There are two different types of green beans. Pole beans grow much like a climbing vine. Bush beans spread up to two feet. They stay lower to the ground. Bean pods can be green, yellow, purple, or even speckled with red!



The United States produces about 800,000 tons of snap green beans each year. Green beans are the third most popular vegetable grown in backyard gardens. Green beans are fairly easy to grow and also grow quickly.



EXPERIMENT: WHAT A SEED NEEDS

Materials:

18 Bean Seeds, 6 clear plastic cups, potting soil

Green Bean! Green Bean!
by Patricia Thomas

1. What do you think is needed for a bean to grow?

Fill each cup with potting soil and plant three seeds in each cup. Water all cups except #2. Keep soil damp throughout experiment in other five cups.

Sunny
windowsill
with water

Sunny
windowsill
with no water

Cold
location
with sun

Cold
location with
no sun

Warm
location with
sun

Warm
location with
no sun



What did you find after observing your bean seeds for two weeks? Which seeds sprouted? What factors did you discover help seeds grow?

Recipe Check

1. If you doubled the Green Bean Fries recipe, how many pounds of green beans will you need? _____
2. You have to use three bowls for the recipe. Write a sentence explaining the ingredients in each bowl.

3. If you had to cut the recipe in half, how many cups of grated Parmesan cheese would you use? _____

Green Bean Fries

- 1/4 lb. green beans washed and trimmed
- 1/4 c. Parmesan cheese grated
- Dash of garlic powder
- 1/2 c. bread crumbs
- 1/4 c. flour
- 1 egg



Instructions

1. Preheat oven to 425° F
2. Line a baking sheet with foil and cooking spray
3. Make three stations
4. In bowl #1, add flour; In bowl #2, add beaten egg; In bowl #3, combine bread crumbs, Parmesan cheese, and garlic powder
5. Dip green beans in bowl #1 (flour), then bowl #2 (egg), then in bowl #3 (bread crumb mixture) Make sure the bread crumbs completely coats each green bean
6. Place coated green beans in a single layer on a the prepared baking sheet and bake for 10-12 minutes
7. Serve with ranch or marinara

Green beans, also referred to as snap beans, were named because of the snapping sound produced when breaking off the end of the pod.



Scan the
QR code to
hear the
snap!

