

GREEN BEANS



There are two different types of green beans: pole beans and bush beans. Pole beans grow much like a climbing vine and require a stake or trellis. Bush beans spread up to two feet and do not require structural support. 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. Wisconsin is the top producing state at 300,000 tons. Green beans are the third most popular vegetable grown in backyard gardens, after tomatoes and peppers. Green beans are fairly easy to grow and also grow really fast. The length of time from planting to harvest is as short as 45 days, although they don't like cold weather.

Green beans have many health benefits and contain nutrients which help prevent diabetes, cardiovascular diseases, and cancer. Green beans are an excellent source of vitamin K. They are also a good source of manganese, vitamin C, dietary fiber, and vitamin B12.



An estimated 40 million green bean casseroles are served at Thanksgiving every year!



Bean plants have pretty white flowers and deep green, tear shaped leaves. The leaves have a fuzzy texture.

French's Green Bean Casserole

- 1 can Cream of Mushroom soup
 - $\frac{3}{4}$ cup milk
 - $\frac{1}{8}$ tsp black pepper
 - 2 cans (14.5 ounce cans) green beans
 - 1 $\frac{1}{3}$ cup French's original crispy fried onions
1. Preheat oven to 350° F. Mix soup, milk and pepper in a 1 1/2-quart baking dish. Stir in beans and 2/3 cup crispy fried onions.
 2. Bake 30 minutes or until hot. Stir.
 3. Top with remaining 2/3 cup onions. Bake 5 minutes until onions are golden brown.

FARMER MATH CHALLENGE

1. A farmer is planting a 47-acre field of green beans. How many seeds must be purchased if the farmer plants 140,000 seeds per acre?

2. Green bean seeds are sold in pounds. There are approximately 2,000 seeds per pound, depending on seed size. Using the answer from question 1, how many pounds should the farmer purchase?

3. The price of green bean seed is \$37.50 for a five-pound bag. How much will it cost to plant the entire field?

4. An acre is an area of land equivalent to 43,560 square feet. What is the area, in square feet, of the farmer's field?

5. There are 351 rows in the field. Each row is 1,400 feet long. The planter can plant three rows at the same time. How many miles will the tractor drive to plant the entire field?
Hint: There are 5,280 feet in one mile.

6. If a tractor travels at 6 MPH, how long will it take to plant the entire field?

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another
yummy
recipe!



Green beans are so popular in our culture a few English expressions even mention them!

'spill the beans'
'skinny as a string bean'
'full of beans'



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)
6. Make sure the bread crumbs completely coats each green bean
7. Place coated green beans in a single layer on a the prepared baking sheet
8. Bake for 10-12 minutes
9. Serve with ranch or marinara

