

Snap Beans

Fast Facts

- Wisconsin ranks **1st** in processing of snap beans.
- Beans originated in **Central America** and were grown in the western hemisphere before the arrival of Christopher Columbus.

Varieties of Snap Beans

All beans are members of the legume family. **Snap beans** can also be called **french beans** or **green beans**. They are the tender, elongated, firm yet flexible edible pods of a bean plant. Almost all the varieties of beans can be available year-round across the world.

Green beans can be grown in two unique ways. **‘Bush Beans’** stand erect without the need of support and **‘Pole Beans’** need climb supports like a trellis.

Health Benefits

Fresh green beans are very low in calories and contain no saturated fat.

The beans are very rich source of dietary fiber and Vitamin A. In addition, beans contain healthy amounts of minerals like iron, calcium, magnesium, manganese and potassium.

What to Look For

Select brightly colored beans that ‘snap’ when broken. Don’t select beans if you can see the seeds bulging through the pod, that are woody or stringy, have tough skins or that appear wilted. Select beans that are similar in size to assure uniform cooking time.

