



Media Script

KENTUCKY GREEN BEANS

CONTACT INFORMATION:

Green beans, are the unripe fruit of specific cultivated varieties of the common bean (*Phaseolus vulgaris*). They are also known as French beans by the British, string beans in the northeastern and western United States, snap beans or squeaky beans. Green bean varieties have been bred especially for the fleshiness, flavor or sweetness of their pods. Haricots verts, French for “green beans”, may refer to a longer, thinner type of green bean than the typical American green bean. It is known in some parts of the world as the squeaky bean due to the noise it makes while eating.

Green beans are found in two major groups, bush beans and pole beans. Bush beans are short plants, growing to approximately two feet in height, without requiring supports. They generally reach maturity and produce all of their fruit in a relatively short period of time, then cease to produce. Gardeners may grow more than one crop of bush beans in a season. Pole beans have a climbing habit and produce a twisting vine. Runner beans have a similar habit but are a different species of bean.

Fresh green beans are available all year, with a peak season of June to September. If you are not growing green beans in your home garden, purchase them at a farmer’s market or store that sells loose beans so that you can sort through them to choose the beans of best quality. Purchase beans with a smooth feel and a vibrant green color, free from brown spots or bruises. Choose slender, firm, smooth, crisp beans with slightly velvety pods and a bright green color. They should have a firm texture and “snap” when broken.

Store unwashed, fresh beans in a plastic bag kept in the refrigerator crisper. Whole beans stored this way should keep for about three to five days. Just prior to using the green beans, wash them under cool running water. Remove both ends of the beans by either snapping them off or cutting them with a knife. Cook by steaming in a small amount of water, until tender-crisp, about 5 to 8 minutes. Beans can be cooked whole, cut crosswise or diagonally or French-cut (cut along the length of the bean). If you want crisp, sweet-tasting, fresh beans, cut them as little as possible. Cut older, more mature beans in the French style. Green beans can also be cooked directly in soups or stews. They go well with seasonings, such as chives, dill, marjoram, mint, oregano, thyme, lemon, mustard or onion.

The serving size for unseasoned green beans is ½ cup and has 15 calories, is low in sodium and provides fiber, vitamin A, and potassium.

This elegant way to fix green beans would be a nice accompaniment for steaks, roasts or holiday type meals.

Green Bean Bundles

1 pound fresh green beans

¼ teaspoon black pepper

12 slices turkey bacon

2 tablespoons unsalted butter

2 cloves garlic, minced

⅛ teaspoon ground cinnamon

¼ teaspoon allspice

Directions:

1. Preheat oven to 400° F.

2. Remove ends and strings from beans. Wash and dry beans thoroughly and season with black pepper.

3. Bundle together 5-8 beans and wrap with a strip of turkey bacon to hold them together.

4. Lay each bundle, seam side down in a large baking dish. In a small saucepan, heat butter, garlic, cinnamon and allspice over low heat, whisking until butter is melted.

5. Brush the mixture over the top of each green bean bundle with a pastry brush.

6. Cover with foil and bake for 35 minutes.

7. Remove foil and bake for 15 additional minutes, until bacon is crisp.

Yield: 12 bundles

Nutritional Analysis: *60 calories, 5 g fat, 2 g saturated fat, 20 mg cholesterol, 170 mg sodium, 3 g carbohydrate, 1 g fiber, 1 g sugar, 3 g protein.*

Source: www.fruitsandveggiesmatter.gov

For more delicious recipes and information on preserving green beans or other “Kentucky Proud” fruits and vegetables, contact your local Cooperative Extension Service or visit: www.kentuckyproud.com

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