



# BUSH BEANS

## IN THE GARDEN

Bush beans, snap beans, string beans - whatever you call 'em, beans have become the second most common veggie in US gardens (tomatoes are #1!).

Beans are not only easy to grow, but they also help your garden soil too. They are Nitrogen-fixing plants, which means they bring Nitrogen back into the soil as they grow. Additional soil Nitrogen will help fertilize your future garden plants and keep soil nutrients in balance.

## AGE DOES MATTER

Bush beans (and green beans) are typically harvested before they are fully ripe. By picking the beans when they are immature, you'll get a tender, crisp bite. Try to harvest the beans when they're less than 5 inches long.

Did you know, beans that are left on the plant will ripen and the seeds will harden. These seeds are harvested and sold as dry beans!

## THREE SISTERS PLANTING

*Beans are one of the components that are referred to as Milpa, or three sisters planting. Beans, corn and squash make up the intercropping trio introduced by Central American communities. Corn stalks grow tall and sturdy and provide structure for bean plants to climb up while low squash vines provide ground cover to reduce weed competition.*

## NOT JUST GREEN BEANS

There are hundreds of bean varieties and they range in size and color. Green, yellow, red, spotted and even a Royal Burgundy variety that changes from purple to green when cooked!

Beans are so versatile, they appear in two places on the food pyramid: young beans in the vegetable group and dry beans in the protein group!



# GREEN BEAN FRIES

Mix things up this this crunchy side dish!

## Ingredients:

- 2 pounds fresh green beans
- 2 eggs
- 2 cups panko bread crumbs
- 1/4 cup parmesan cheese, optional
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp paprika
- cooking spray, optional



Recipe inspired by Melissa's Picky Plates

## Directions:

1. Preheat your oven to 400F and line a baking sheet with parchment paper.
2. In a shallow dish, whisk the eggs lightly. In a separate shallow dish, combine the bread crumbs, garlic powder, onion powder, paprika and parmesan cheese, if using.
3. Trim the ends off the beans. Dip each green bean first in the egg then into the bread crumb mixture to coat them.
4. Lay the coated beans on the baking sheet in a single layer to the are not touching. Optionally give the beans a light spray of cooking spray to brown them up.
5. Bake for 15 minutes or until the beans are tender but still crisp. Enjoy with your favorite dipping sauce!

## HAVE AN ABUNDANCE?

Did you know you can freeze fresh beans without blanching? Simply trim off the ends, cut the beans to your desired size and wash them. You'll want to be sure to dry the beans very well. We recommend laying them flat on a cloth towel and waiting about 10 minutes for them to dry completely. Then you're ready to bag them up in freezer bags. These beans will last in the fridge for an entire year!

Ready to eat your frozen beans? You can either defrost the beans for stir fries and casseroles or place them directly in boiling water or broth for side dishes and soups.

