

HARVEST OF THE MONTH:

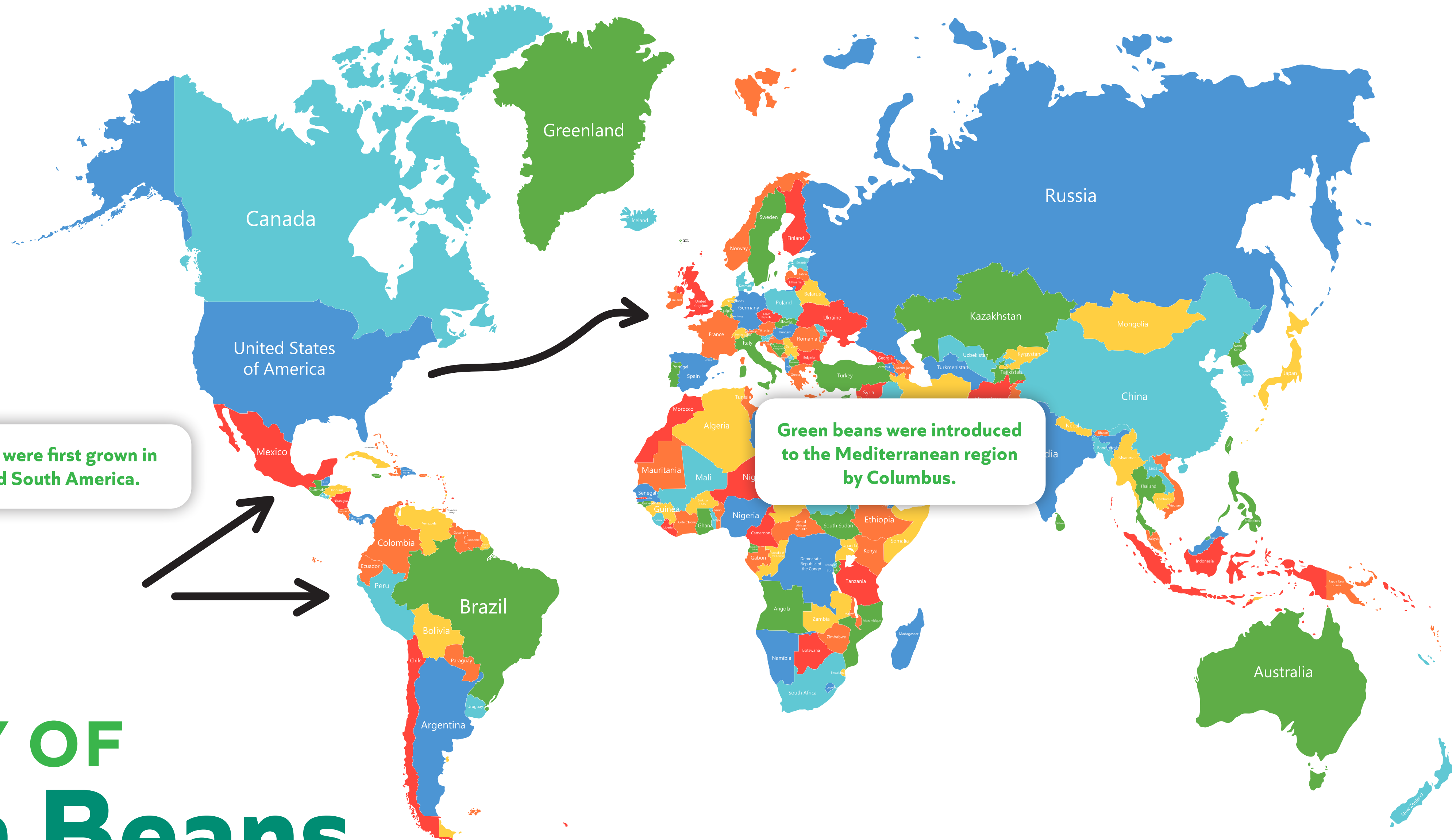
Green Beans



HISTORY OF Green Beans

Green beans were first grown in
Central and South America.

Green beans were introduced
to the Mediterranean region
by Columbus.



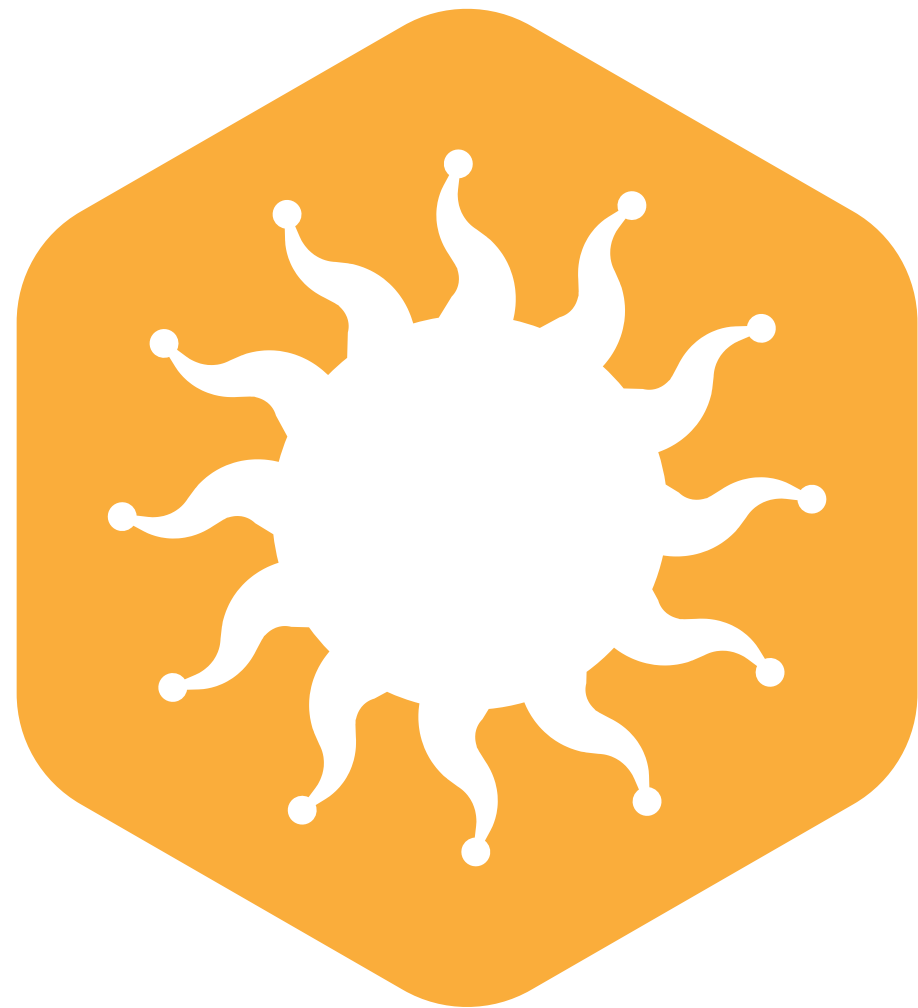


Green beans grow on a plant. After pollination, the bean flowers swell into the bean pods we eat.



HOW DO GREEN BEANS GROW?

WHAT SEASON DO WE PICK GREEN BEANS?



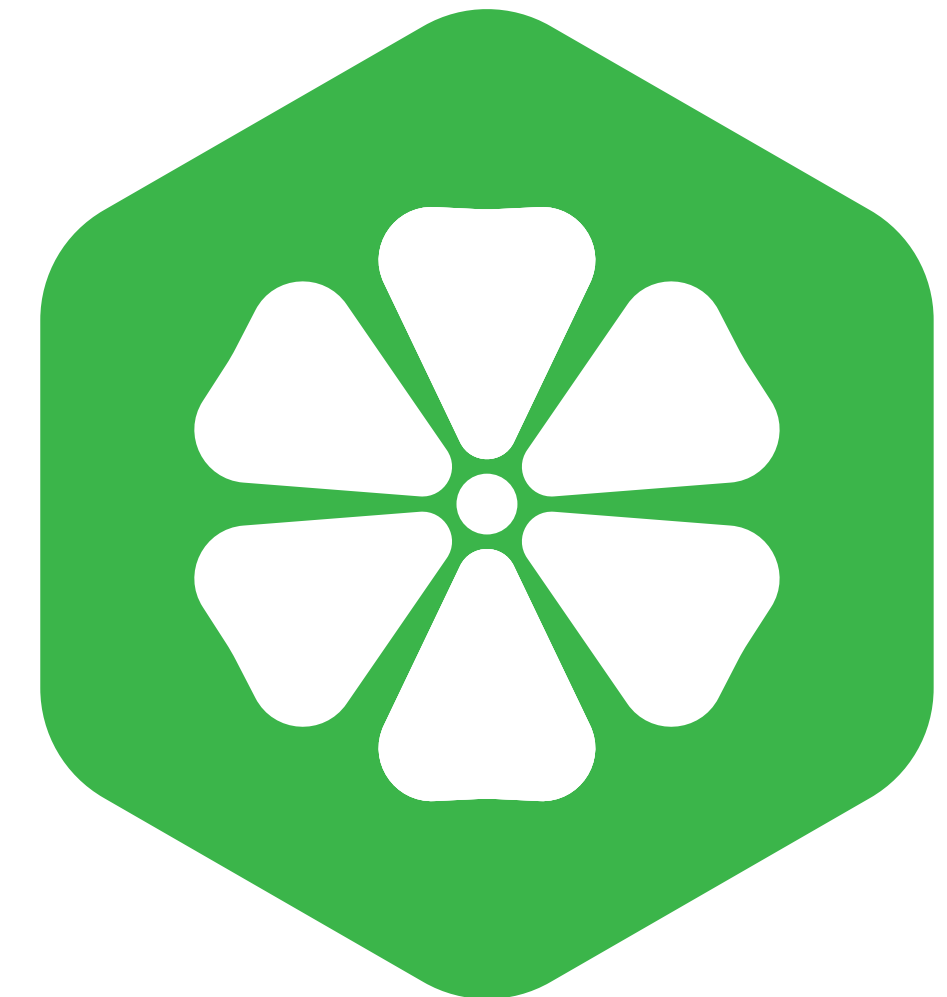
SUMMER



AUTUMN



WINTER



SPRING

WHY SHOULD WE EAT GREEN BEANS?

**Healthy immune system
(prevents colds)**



Healthy eyes



Strong bones



**Healthy digestion,
cleans out your system**



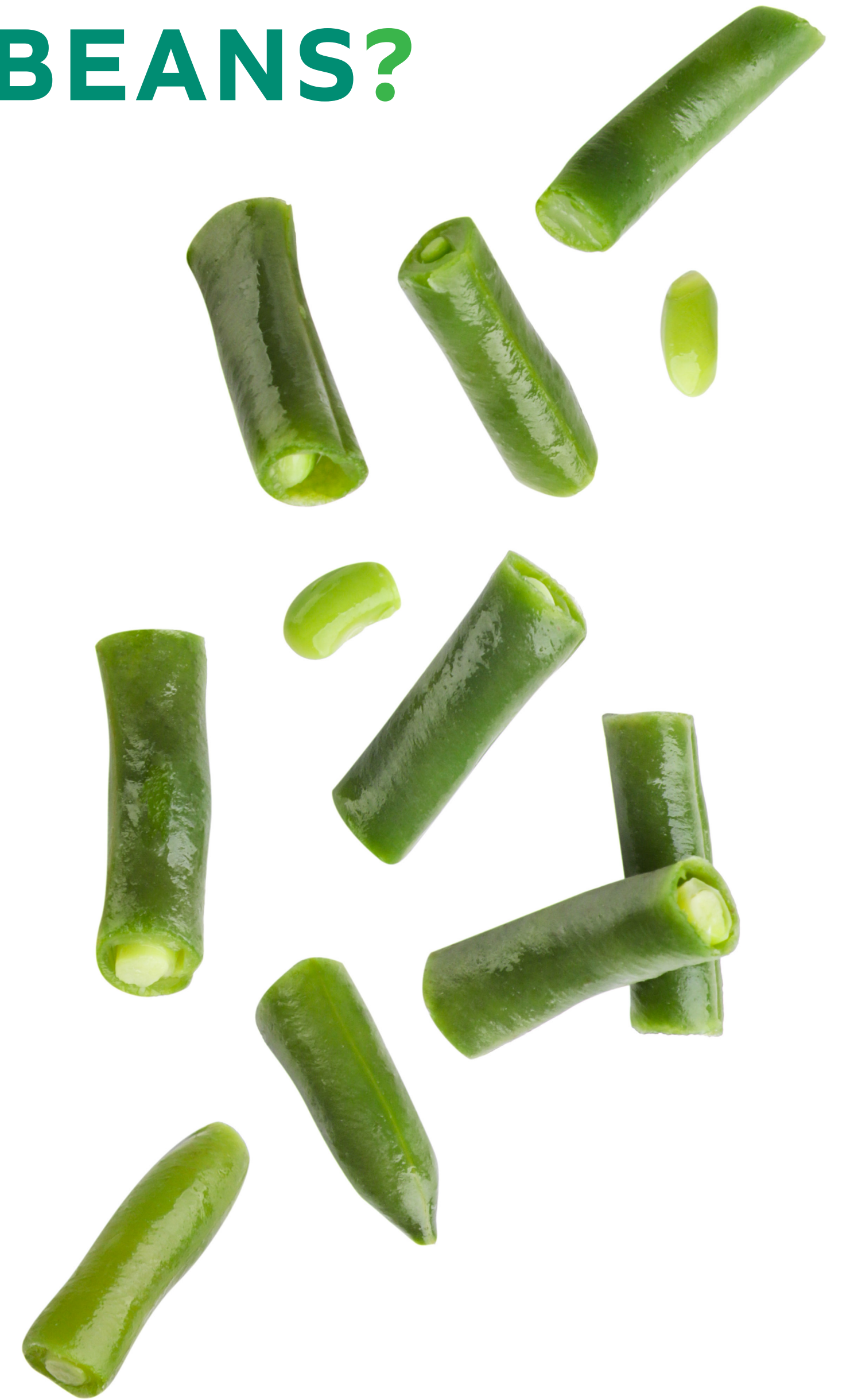
**Healthy heart
and blood**



HOW DO YOU PICK GOOD GREEN BEANS?

- Choose green beans that are crisp, and solid green (without any spots.)
- Green beans may be stored for up to 7 days in a plastic bag in the refrigerator.
- Choose straight green beans (not crooked ones) because they are easier to cook and prepare.

FUN FACT: Green beans have been cultivated for more than 7,000 years





LET'S TRY SOME

Green Beans!

