



The Humble GREEN BEAN

SEASON: Late June through September .

GROWING: Beans produce numerous harvests from the same plants, and take well to summer heat if watered enough.

WHAT TO EXPECT: Good fresh beans should be firm and SNAP when you bend them. You can buy 'em big or skinny, but avoid ones that have big bulgy beans under the skin, which might mean it's overgrown and tough.

VITAMINS AND MINERALS: Very high in vitamin K, which helps blood clotting and bone strength, plus vitamins A, C, some potassium and iron.

STORAGE: In a bag in the fridge, green beans will last 4-5 days before they begin to lose their crispness and nutrients.

WHY BUY IT LOCALLY? Lovingly hand-picked local beans are much more likely to be unbroken and unbruised, keeping moisture and nutrients in. And, as usual for tender summer veggies, nothing tastes as good as FRESH!



