

GREEN BEANS

Hawaiian Name: *Pāpapa*

Common Name(s): Haricot beans, common beans, snap beans, string beans

Scientific Name: *Phaseolus vulgaris*

Origin: Central America

Plant Part Eaten: Fruit



Locally Grown...

- Green beans grown for consumption as vegetables are the most common type of bean grown in Hawai'i.
- The University of Hawai'i has developed three pole-bean varieties that grow well in the islands: Hawaiian Wonder, Poamoho, and Mānoa Wonder.
- Bean types that are usually grown for dried beans (navy, pinto, garbanzo, adzuki, etc.) are not commonly grown in Hawai'i.
- Long bean is also grown in Hawai'i, but is a different species (*Vigna unguiculata subsp. sesquipedalis*) than the common bean. It is used in many Asian dishes and is a good source of Vitamin A, Vitamin C, and many minerals.

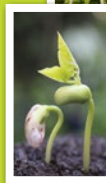
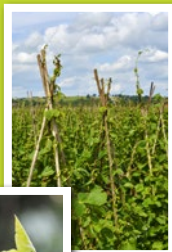
Where else it's grown in the world...

Green beans are grown worldwide. Top producers include China, Indonesia, India, Turkey, Egypt, and Thailand.



In the Garden...

- There are two types of beans--bush beans and pole beans. Pole beans require a trellis or support for the plant to climb. A trellis can be made with three bamboo poles and twine.
- Beans are one of the easiest plants to grow. Soak the dried bean overnight and plant seeds 1-2 inches deep, about 4-6 inches apart for bush beans and 6-12 inches apart for pole beans.



- Plant pole bean seeds at the base of the support structure.
- Harvest time depends on variety and can range from 50-85 days.
- Harvest beans regularly while they are still tender enough to eat. If left for too long, they will be tough and sometimes stringy.
- Leave a few bean pods to mature completely so they can be dried and saved for future plantings.

Nutrition Info...



- Great source of fiber.
- Good Source of Vitamin C, which helps fight disease.

Meet a Farmer...

Farm: Mohala Farms

Farmers: Mark Hamamoto & Kathy Maddux

Location: Waialua, O'ahu

Website: mohalafarms.org



mohalafarms.org

Mohala Farms is located on 6 acres of agriculturally zoned land in the ahupua'a of Kamananui in Waialua. Director Mark Hamamoto has worked with several non-profits and communities to develop organic and educational farming programs. Production Manager Kathy Maddux is a farmer and macrobiotic chef. Their main vegetable crops include collard greens, kale, a variety of lettuces, arugula, green beans, turnips, radishes, tatsoi and tomatoes. They also grow several herbs, taro, breadfruit, sweet potato, and several fruits. Mohala Farms produce is sold at local restaurants, natural food stores, and farmers' markets.

Let's Get Cooking... Fantastic Fermented Pickle Beans

Ingredients

- 1 gallon non-chlorinated water
- 6 ounces salt
- 2 pounds small green beans
- 6 garlic cloves, crushed
- 4 flowering dill heads, or 4 to 6 dill fronds plus 2 tablespoons dill seeds (optional)

Recipe adapted from
Nicholas Day, food52.com

Directions

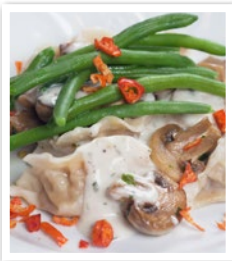
1. Heat the water and stir in salt until it dissolves. Cool this brine to room temperature.
2. Trim the stem ends from the beans.
3. Layer beans and other ingredients into jars. Cover with the brine.
4. Weigh the beans down so they are completely submerged and have no contact with the air. An easy option is filling a zip top bag with water and use it to push down the beans.
5. Place the jars in a relatively dark place at room temperature. The jars should be covered, but not tightly

sealed, so that gases produced during fermentation can escape.

6. Bubbles will appear in 4 or 5 days. Skim any floating scum off the surface daily. Taste occasionally. The beans should be fully pickled in about 2 weeks. Once they are ready, just refrigerate the beans in the brine. They will continue to ferment in the fridge, but at a much slower rate. Eat within a couple of months.



Reminder: Please compost your food waste.



What can you make with green beans?

Green beans can be eaten by themselves, simply steamed, boiled, or sauteed. They can also be pickled with different herbs and spices. Green beans can be added to casseroles, salads, stir-fries, and frittatas.

Did you know?

1. Haricot beans were domesticated over 5,000 years ago in Central America.
2. The species *Phaseolus vulgaris* is the most widely cultivated bean in the world. Several varieties of this species have been developed.
3. In France, green beans are often served with toasted sliced almonds.
4. Mature beans from the *Phaseolus vulgaris* plant can be dried and later made into a variety of dishes. Dried mature beans are an important source of protein for many people.
5. Corn can make a natural trellis for pole bean plants to climb. Together with squash, these plants make up the Native American "Three Sisters" guild of plants.
6. Fresh garden-grown beans or those from a farmers' market are likely to be sweeter than some varieties that are bred to last a long time while being shipped.
7. Many heirloom varieties of green beans still have a string that runs down their length, but most commercial varieties no longer have them.



Fresh Choice Hawaiian Harvest celebrates the diverse, nutritious, and delicious bounty grown in Hawai'i, encouraging children and their families to eat more locally grown fresh fruits and vegetables. The Fresh Choice Hawaiian Harvest Toolkit includes educational resource sheets, family take-home letters, produce preparation sheets, and a poster showcasing Hawai'i-grown crops. For downloads and more information, visit www.kokuahawaiifoundation.org/HawaiianHarvest.

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