

### FOOD PREPARATION STEPS



1. Wash green beans thoroughly under running water.

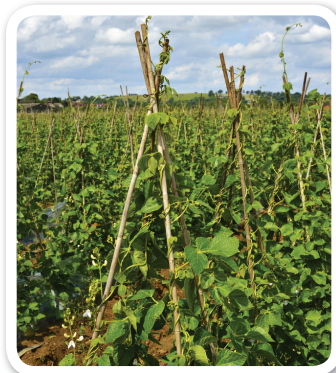


2. Cut off stem ends of beans. Remove any tough strings, if present.

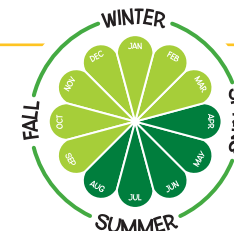


3. Steam or boil green beans, drain and serve. Some varieties of green beans may be served raw and should be harvested while young and very tender.

*Green beans can be grown easily in school gardens. There are two main types: bush beans and pole beans. Pole beans need a trellis to support growing vines. Bamboo poles can be tied together with string to create a simple, inexpensive trellis.*



*Green beans are the unripe fruit of various cultivars of beans. They are a good source of fiber, which promotes digestive health. Green beans also provide vitamin C, which aids in fighting illness and keeping cells strong.*



AVAILABILITY: ● PEAK ● MODERATE ● LOW

- Green beans are available year-round in Hawai'i, with peak availability occurring April through August.
- Green beans are picked while still immature and beans are still developing.
- Choose beans that are crisp and bright green. Beans that are similar in size will cook more evenly.
- Green beans can be stored in a refrigerator in an airtight container for up to five days, but are best used as fresh as possible.
- It is best not to wash them until they will be prepared, as mold can grow on damp beans.

*\*Seasonality varies with location and from year to year.*

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 produce profile sheets, family take-home letters, produce preparation sheets, and posters that highlight Hawai'i-grown crops. Downloads of Fresh Choice Hawaiian Harvest Materials, and more information are available at [www.kokuahawaiiifoundation.org/HawaiianHarvest](http://www.kokuahawaiiifoundation.org/HawaiianHarvest). Funding for the Fresh Choice Hawaiian Harvest program was provided by the Hawai'i Department of Agriculture Specialty Crop Block Grant. Photos: Anthony Ching and shutterstock.com.