Green Bean

What Am I?

Green beans are a tender, mildly flavored vegetable. They can vary in shape, size and color. Some green bean pods can be yellow, purple, or speckled with red. Green beans can be enjoyed fresh, frozen, or canned.

How Do I Grow?

- Green beans can either be considered bush beans, which grow without support, or pole beans, which require something for the plant to climb.
- Frequently harvested plants will produce more beans.
- Green beans are in season between July and October.

Nutrition

Green Beans are a good source of carbohydrates. They also contain fiber, vitamin C, vitamin K, and beta carotene.

Fun Facts

- Green beans are also called string beans and snap beans.
- They taste the best when they are thinner than a pencil.
- The state of Oregon is the largest producer of green beans in the U.S.

WISCONSIN DEPARTMENT OF
Public Instruction
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