

Green Beans 101

Steamed in butter. Yum.





As a proud farmer, I want you to know that our green beans, string beans, snap beans, and fancy "haricots verts" all offer a beautiful array of colors, from the classic green to the stunning yellow "wax," purple, and speckled. Even though most modern varieties have been bred to eliminate the "string" characteristic, many of these beans still have their roots in the "string bean" family.

Our purple beans are particularly special, with their striking color that unfortunately fades once they're cooked. But fear not, we have found that using them in raw preparations maintains their bold hue, and we love sharing this tip with our customers. We take great pride in growing these delicious and colorful beans, and we hope you enjoy them as much as we do!

How to Store:

To select the best green beans, ensure that the pods are firm and taut, and not wrinkled. Avoid beans that appear to have bulging pods, as this is an indication of over-ripeness. For optimal freshness, store unwashed beans in a loose plastic bag within the crisper drawer of your refrigerator, where they can stay fresh for up to a week.

Should your beans start to become limp, don't worry! Simply give them a quick rejuvenation by soaking them in ice water for 30 minutes. This will help them perk up and become crisp once more, ready for your enjoyment.

GREEN BEANS

Legumes

Nutritional Snapshot

- Contains many essential vitamins such as vitamin C, A, K, thiamine, niacin, B6 and E
- Good source of minerals such as manganese, an essential mineral that supports metabolism and has antioxidant abilities, calcium, phosphorous, potassium and magnesium

Medicinal Uses

- Heart healthy due to high levels of fibre which helps to transport LDL cholesterol out of the body
- Low FODMAP which can help relieve digestive issues
- Good source of plant proteins

Handling:

To ensure the best quality of your beans, refrain from washing them until you're ready to eat. If desired, you can trim the tips off the ends. For beans that still have the string attached, use a paring knife to remove it.

Best Uses:

Salads

Steamed with butter

Roasted or grilled

Soups and stews

Green Bean Casserole

Tossed with pesto

Rice bowl

Pasta Salad

Stir Fry

Raw on a vegetable platter

Sheet pan meal

Breaded and fried

**Pan saute
Pickled**

**Foil Packets
Gratin**

How to Cook Basic Green Beans: If you're looking for a simple and delicious way to cook basic green beans, follow these steps:

1. Start by sautéing the beans in a pan. This will help remove any excess moisture from the beans and enhance their flavor. Additionally, the heat from the sautéing will prepare the pan for the next step of the process, allowing the water added to quickly turn into steam and cook the beans thoroughly.
2. Next, steam the beans by adding a small amount of water to the hot pan and covering it with a lid. This steaming method is preferable to boiling as it helps retain the beans' vibrant green color and preserves more of their nutrients.
3. Finally, season the beans to your liking using ingredients such as olive oil, garlic, red pepper flakes, ginger, sesame oil, Chinese spices, balsamic vinegar, almonds, or goat cheese. Don't be afraid to experiment and find your own perfect flavor combination!

Other Ways to Cook Green Beans:

Looking to switch up your green bean cooking routine? Check out these alternative cooking methods:

Cooking Method #1 - Roasting:

Preheat your oven to 400°F. Toss the green beans in a few teaspoons of oil and 1/2 teaspoon of salt, then spread them out in a single layer on a foil-lined baking sheet. Roast for approximately 20 minutes, until they've slightly browned and crisped to perfection.

Cooking Method #2 - Microwave Steaming:

Take a pound of green beans and place them in a microwave-safe bowl. Add 1/4 cup of water and cover the bowl with a dinner plate. Microwave on HIGH for 4 minutes, and voila - perfectly steamed green beans in no time!

Cooking Method #3 - Grilling:

For a smoky flavor, try grilling your green beans. Toss them in a bowl with olive oil, garlic, and salt, and let them marinate for 30 minutes. Preheat your grill to medium heat and lightly oil the grate. Arrange the green beans on a grill pan and cook, stirring occasionally, until they're lightly charred, which should take about 10 minutes. Enjoy!



How to Freeze Beans:

Preserve the freshness of your beans for up to a year by freezing them using these simple

steps:

Start by bringing a stockpot of water to a boil. Add salt if desired. Cut off the tips of the beans and slice them to your preferred size. Then, drop the beans into boiling water for 2 minutes or steam them for 4 minutes.

Immediately remove the beans from the heat and transfer them to a bowl of ice water for 2 minutes. Once they're cool, pat them dry as best you can before freezing.

To prevent the beans from clumping together during freezing, you can individually quick-freeze them on a parchment-lined tray before transferring them to airtight freezer bags. Alternatively, you can package them directly into freezer bags in portion-size amounts, but be aware that they may stick together as they freeze if you choose this method. Remember to use your frozen beans within a year to ensure the best quality.

Suggested Recipes:

Steamed Chive Green Beans

From Farmer Corinna Bench

Ingredients:

1 lb. fresh green beans, trimmed

1 T. chopped fresh chives

1 T. chopped fresh parsley

2 t. butter

1/2 t. Dijon mustard

1/4 t. salt

1/8 t. pepper

Directions:

Steam green beans, covered, 4-5 minutes until crisp-tender. Remove from steamer. Toss with remaining ingredients. Serve immediately.

Green Bean, Grape, and Pasta Tossed Salad

Ingredients:

1 cup chopped pecans
8 bacon slices
1 pound thin fresh green beans, trimmed and cut in half
1 (8-oz.) package penne pasta
1 cup mayonnaise
1/3 cup sugar
1/3 cup red wine vinegar
1 teaspoon salt
2 cups seedless red grapes, cut in half
1/3 cup diced red onion
Salt to taste

Directions:

Preheat oven to 350°. Arrange pecans in a single layer on a baking sheet, and bake at 350° for 5 to 7 minutes or until lightly toasted and fragrant.

Cook bacon in a large skillet over medium-high heat 5 to 7 minutes or until crisp; remove bacon, and drain on paper towels. Crumble bacon.

Cook beans in boiling salted water to cover 5 minutes or until crisp-tender; drain. Plunge beans into ice water to stop the cooking process.

Meanwhile, prepare pasta according to package directions; drain.

Whisk together mayonnaise and next 3 ingredients in a large bowl; add pecans, green beans, pasta, grapes, and onion, stirring to coat. Season with salt to taste. Cover and chill 3 hours; stir in bacon just before serving.

Pork and Green Bean Stir Fry

Recipe by Southern Living

Ingredients:

1 1/2 pounds ground pork
2 garlic cloves, thinly sliced
1/2 teaspoon table salt
1/4 teaspoon ground red pepper
1/2 lb. green beans
1 tablespoon peanut oil or vegetable oil

3/4 cup triple-ginger or regular teriyaki sauce

1/2 teaspoon loosely packed lime zest

1 tablespoon fresh lime juice

Hot cooked rice or thin rice noodles

Garnishes: thinly sliced red jalapeño pepper, lime halves

Directions:

Brown ground pork and next 3 ingredients in a large stainless steel skillet over medium-high heat, stirring often, 7 to 8 minutes or until meat crumbles and is no longer pink; drain. Wipe skillet clean.

Cook green beans in hot oil in skillet over medium-high heat, stirring occasionally, 4 to 5 minutes or until just tender and slightly charred.

Stir together teriyaki sauce and next 2 ingredients.

Stir pork mixture into green beans. Stir in teriyaki mixture, tossing to coat. Serve immediately over rice or noodles.

Green Bean Goat Cheese Gratin

Ingredients:

2 white bread slices

1 tablespoon olive oil

3/4 cup (3 oz.) freshly shredded Parmesan cheese, divided

1/3 cup finely chopped pecans

1 pound green beans, trimmed

2 ounces goat cheese, crumbled

1/2 cup whipping cream

1/4 teaspoon kosher salt

1/4 teaspoon pepper

Directions:

Preheat oven to 400°. Tear bread into large pieces; pulse in a food processor 2 or 3 times or until coarse crumbs form. Drizzle oil over crumbs; add 1/4 cup Parmesan cheese. Pulse 5 or 6 times or until coated with oil. Stir in pecans.

Cut green beans crosswise into thirds. Cook in boiling water to cover 3 to 4 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain and pat dry with paper towels.

Toss together beans, next 4 ingredients, and remaining 1/2 cup Parmesan cheese. Firmly pack mixture into 4 (6-oz.) shallow ramekins. Cover each with aluminum foil, and place on a baking sheet.

Bake at 400° for 20 minutes. Uncover and sprinkle with crumb mixture. Bake 8 more minutes or until golden. Let stand 5 minutes.

Caramelized Spicy Green Beans

From Southern Living

Ingredients:

1 pound fresh green beans

2 tablespoons light brown sugar

1 tablespoon soy sauce

1/2 teaspoon dried crushed red pepper

1 medium-size red bell pepper, sliced

1/2 medium-size sweet onion, sliced

1 teaspoon peanut oil

3/4 teaspoon seasoned salt

Directions:

Cook beans in boiling salted water to cover 1 minute; drain. Plunge green beans into ice water to stop the cooking process; drain well, pressing between paper towels.

Stir together brown sugar, soy sauce, and dried crushed red pepper.

Sauté bell pepper, onion, and green beans in hot peanut oil in a large skillet over high heat 3 to 5 minutes or until beans look blistered.

Sprinkle with seasoned salt. Remove from heat; add soy sauce mixture to green bean mixture, and stir to coat.

Green Beans with Citrus and Pecans

From Southern Living

Ingredients:

2 pounds green beans
1 shallot, diced
3/4 cup olive oil
1 tablespoon orange zest
1/3 cup fresh orange juice
1/3 cup fresh lemon juice
1/4 cup cane syrup
2 oranges, sectioned
1/2 cup chopped toasted pecans

Directions:

Whisk together first 6 ingredients. Add salt and pepper to taste.

Cook green beans in boiling salted water to cover, stirring occasionally, 3 to 4 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain.

Pat beans dry with paper towels. Place beans and orange segments in a zip-top plastic freezer bag; add vinaigrette, and seal bag. Turn bag to coat beans and oranges. Chill 2 hours. Sprinkle with pecans before serving.

3-Bean Israeli Couscous Salad

From www.TheKitchn.com

Ingredients:

4 tablespoons olive oil, divided
1/4 cup finely chopped red onion
2 tablespoons red wine vinegar
1 1/2 teaspoons Dijon mustard
3/4 teaspoon fine salt, divided
1/4 teaspoon freshly ground black pepper
1 cup Israeli (pearl) couscous
2 cups water
4 ounces green beans, trimmed and cut into 1/2-inch pieces

4 ounces yellow wax beans, trimmed and cut into 1/2-inch pieces
1 (15-ounce) can kidney beans, drained and rinsed
2 tablespoons coarsely chopped fresh dill leaves
2 tablespoons coarsely chopped fresh Italian parsley leaves

Directions:

Whisk 3 tablespoons of the oil, onion, vinegar, Dijon, 1/4 teaspoon of the salt, and pepper in a large bowl until combined; set aside while you cook the couscous.

Heat the remaining 1 tablespoon oil in a large saucepan over medium heat until shimmering. Add the couscous and cook, stirring occasionally, until toasted and light golden-brown, about 3 minutes. Add the water and remaining 1/2 teaspoon salt, stir to combine, and bring to a boil.

Reduce the heat to medium-low and simmer uncovered for 7 minutes. Add the green and yellow beans and stir to combine. Cover the pot and cook until the couscous and green beans are tender, about 3 minutes more. Drain the mixture through a fine-mesh strainer to remove any excess cooking liquid.

Transfer the hot couscous mixture to the bowl of dressing, add the kidney beans, and stir to combine. Let sit 20 minutes, stirring occasionally, to cool and let the flavors combine. Stir in the dill and parsley. Serve warm or at room temperature.

Green Beans with Balsamic Pesto

from GeniusKitchen.com

Ingredients:

1 1/2 cups firmly packed fresh basil leaves
3/4 cup freshly grated parmigiano-reggiano cheese
1 large garlic clove, crushed
1/2 teaspoon salt
1/8 teaspoon fresh ground black pepper
4 tablespoons extra virgin olive oil
1 1/2 lbs green beans, trimmed and cut into 1 inch long pices. (or a combination of green beans and diced potatoes)
4 tablespoons balsamic vinegar
1/2 teaspoon dark brown sugar

Directions:

Make the Pesto: Combine the basil and Parmigiano-Reggiano cheese in a blender or food processor and blend until the basil is finely chopped, but not pureed. Add the olive oil, and garlic and blend until almost smooth. Season with salt and pepper and set aside. **Cook the Beans:** Pour about 2 inches of water into a 6 quart pot. Place a collapsible steamer in the pot, cover, and bring to a full boil. Place beans in the steamer, cover the pot, and steam 6 minutes, or until tender crisp.

Make the Dressing: Mix 4 tablespoons balsamic vinegar with 1/2 teaspoon dark brown sugar.

Add it all together: Remove the beans to a shallow serving bowl. Add the pesto to the beans, stirring in the vinegar/sugar mixture. Toss to thoroughly coat the beans. Taste for seasoning and serve hot or at room temperature.

Sheet Pan Chicken with Green Beans and Potatoes *Adapted from The Noshery*

Ingredients

2 lbs bone-in chicken quarters or chicken thighs
1 lb sweet potatoes, diced into 1-inch pieces
1 lb green beans, tips removed
1/4 olive oil
2 T. fresh lemon juice
1 T. Italian seasoning
2 teaspoons kosher salt

Directions:

Pre-heat the oven to 400 degrees. Place the chicken, potatoes, and green beans on a large baking sheet. In a small bowl combine lemon juice, olive oil, salt, and seasoning. Drizzle the mixture over the chicken, beans, and potatoes. Using your hands toss until everything is evenly coated. Arrange the chicken skin side up and the beans and potatoes in as much of a single layer as possible.

Place the pan in the center of the oven and roast for 50 minutes, until the chicken is golden brown and cooked through. The potatoes should be tender and green beans brown and lightly crisped.

Refrigerated Pickled Green Beans

From NYTimesCooking.com

Yield: 1 pint jar

Ingredients:

6 to 7 ounces green beans
1 teaspoon coriander seeds
1 teaspoon mustard seeds
1/4 teaspoon black peppercorns
3 sprigs fresh dill
1 bay leaf
1/2 cup white wine vinegar
1/2 cup sherry vinegar
1/2 cup water
1 T. brown sugar
1 teaspoon fine sea salt
1 large garlic clove, quartered

Directions:

Sterilize the pint jar in a boiling water bath for 5 to 10 minutes. Using a jar grip, carefully remove the jar from the water and tip out all water.

Place coriander seeds, mustard seeds, peppercorns and bay leaf in jar and fill with beans, standing them up in the jar. Push dill sprigs down into the jar.

Rinse green beans and break off stem ends. Put them into pint jar, standing them up and squeezing as many into the jar as you can. There should be 1/2 inch of head space in the jar, so you may have to trim down some of the beans.

In a small saucepan, combine the vinegars, water, sugar, salt and garlic and bring to a boil. Reduce heat slightly and simmer 2 minutes. Pour into jar with green beans. The beans should be covered but there should still be 1/4 to 1/2 inch head space. Push garlic down into the jar.

Seal jar and allow to cool, **then refrigerate** for up to 2 months. For best results wait 2 days before eating.

Bereboontjies or Mashed Green Beans

From my South African neighbour at the Cobourg Farmer's Market

Ingredients:

1 lb (450g) green beans cut into 1 cm lengths
2 medium potatoes
1 large onion
1 tsp salt
1 knob butter
Ground black pepper to taste

Directions:

Wash the beans, snip the ends off and then cut them into 1cm pieces
Peel the onions and chop them coarsely
Place the beans and onions into a pot of cold water with the salt
Bring to the boil and allow to boil for 5 minutes.
Peel and quarter the potatoes
Add to the beans and onions and continue to boil for 10 to 15 minutes until the vegetables are soft enough to mash.
Drain
Add butter and plenty of ground black pepper.
Mash, serve and enjoy