

Did you know?

Green beans grow in two ways – on bushes or on plants with long vines.

Overview

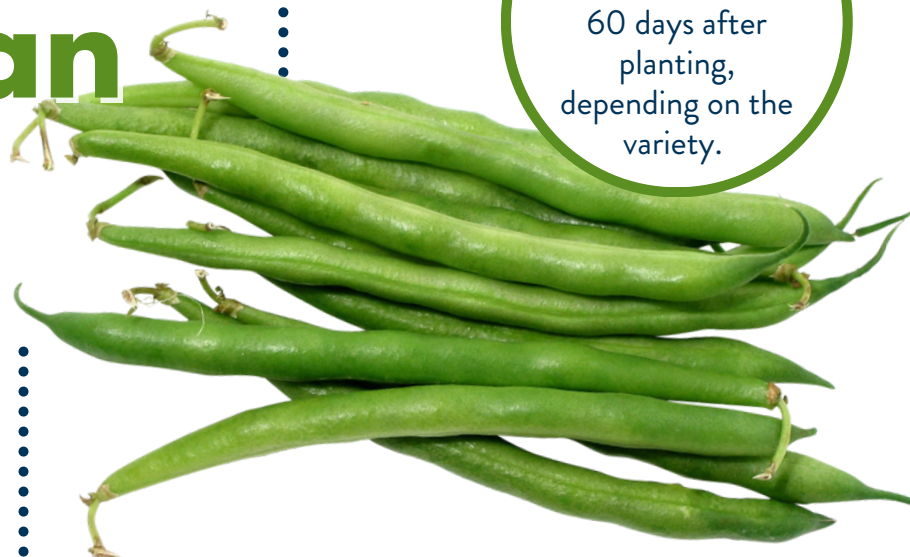
- Native Americans grew green beans with corn. The beans would use the corn as a pole and grow up them.
- Green beans are also called snap beans and string beans.
- Green beans have a high level of vitamin K.
- After tomatoes and peppers, green beans are the third most common home-garden vegetable.
- Snap beans can be green, yellow, purple, speckled and more.

Production

Green beans grow best when air temperatures range from 65 °F to 85 °F.

Six to eight hours or more of sunlight every day allow for optimum growth.

Green beans should be ready for harvest 45 to 60 days after planting, depending on the variety.



Green Bean

Kingdom: *Plantae*

Division: *Magnoliophyta*

Class: *Magnoliopsida*

Order: *Fabales*

Family: *Fabaceae* Lindl.

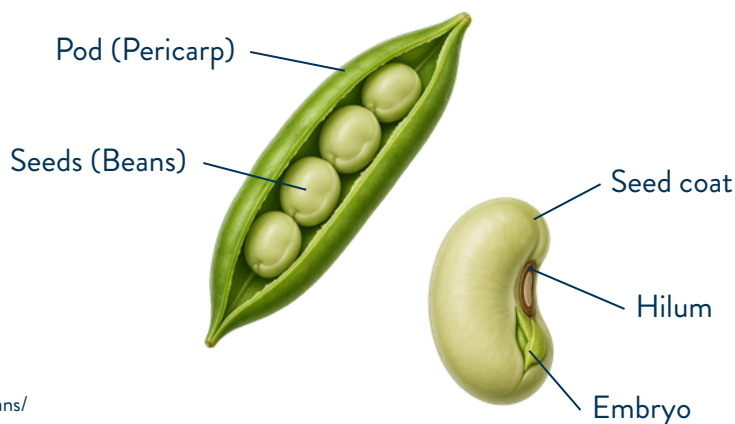
Genus: *Phaseolus* L.

Nutritional Information

1 cup green beans (1/2" pieces) (100g)

Calories 31	Potassium 5mg
Total Fat 0g	Protein 2g
Sodium 6mg	Vitamin C 14mg
Total Carbohydrate 7mg	Calcium 3mg
Dietary Fiber 3g	Iron 6mg
Sugar 3g	

Green Bean Anatomy



Sources: <https://plants.sc.egov.usda.gov/classification/81861>
<https://snaped.fns.usda.gov/resources/nutrition-education-materials/seasonal-produce-guide/green-beans>
<https://fieldreport.caes.uga.edu/publications/C1006/home-garden-green-beans/>
<https://oregonaitc.org/resources/oregon-resources/oregon-grown-commodities/green-beans/>