

# Green Beans

EHT-132  
08/19

Green beans are a good source of Vitamins A and C.

## 🌱 Grow it

### Varieties

- Several Snap, Pinto, and Lima bean varieties are recommended for planting in Texas.
- Popular varieties include TopCrop (bush), Blue Lake 274 (bush), Kentucky Wonder (pole), and Henderson (lima).

### Soil Preparation

- It is beneficial to incorporate an inch of compost into the planting area prior to planting.

### Planting

- In the spring, plant green beans only after the danger of frost has passed.
- In the fall, plant them 10 to 12 weeks before the first expected frost.
- Plant seeds 2 inches apart in rows 12 to 18 inches apart.

### Fertilizing

- After the plants begin to flower and set beans, apply ½ cup of 15-5-10 fertilizer or 1 cup of organic fertilizer for every 10 feet of row.
- Water the plants after fertilizing.

### Watering

- Water the plants about once a week in dry weather.
- Do not let the soil dry out while the beans are blooming or your harvest will be decreased

### Care During the Season

- Remove weeds around the plant

### Harvesting

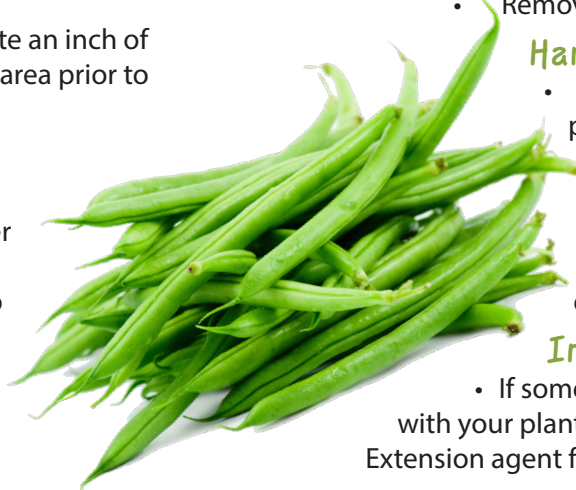
- Green beans are ready to pick when they are about the size of a small pencil. The smaller beans are the most tender.
- Pull them carefully to avoid damaging the plant.

### Insects & Diseases

- If something does not look right with your plant, contact your county Extension agent for more information.

### Storing & Serving

- They can be stored in the refrigerator for up to a week.



full sun



well drained soil

continued 

## Buy it

- Choose fresh, well colored beans that snap easily when bent.

## Store it

- Refrigerate green beans in a plastic bag. Use within 1 week.

## Use it

### Green Bean and Squash Salad

Course: Side Dish, Vegetables, Vegetarian

Serves: 8

#### Ingredients

##### Salad

- 2 cup fresh green beans, trimmed and cut in to bite-sized pieces
- 2 cup yellow squash, sliced and chopped
- ½ pint grape tomatoes
- ¾ cup red onion, finely sliced
- ¼ cup reduced fat feta cheese, crumbled

##### Dressing

- 2 Tbsp olive oil
- ¼ cup lime juice, fresh squeezed
- ¼ cup fresh basil, washed and chopped
- 1 tsp salt
- ¼ tsp pepper

#### Instructions

1. Make sure your cooking area, utensils, and hands are clean.
2. Clean, slice, and chop vegetables and place them in a large bowl. Add tomatoes and feta cheese to bowl.
3. Mix olive oil, lime juice, basil, and spices in a small bowl.
4. Pour over vegetables and mix well. Chill in fridge for 30 min. before serving.

### One Dish Chicken Green Beans and Potatoes

Course: Main Dish

Serves: 4

#### Ingredients

- 4 medium-sized red potatoes, cut
- 2 cups fresh green beans, cut
- 1 lb chicken breast
- ¼ cup olive oil
- 1 tsp Italian seasoning blend

#### Instructions

1. Cut green beans into bite-sized pieces.
2. Line one side of the pan with green beans.
3. Cut potatoes into bite-sized pieces.
4. Line the opposite side of the pan with the potatoes.
5. Line the chicken breasts down the middle of the baking dish.
6. Evenly distribute olive oil over the green beans, potatoes, and chicken.
7. Sprinkle Italian seasoning blend over the entire pan.
8. Cover with foil and bake for 1 hr at 350° F.



Recipes provided by Dinner Tonight. For nutritional information:

<https://dinnertonight.tamu.edu/recipe/one-dish-chicken-green-beans-potatoes/>

<https://dinnertonight.tamu.edu/recipe/green-bean-and-squash-salad/>

## Learn about it

- Green beans may also be called string beans. They are bright green, crunchy, and available year-round. Green beans are picked at an immature stage when the inner bean is still forming.

- They are free of fat, saturated fat, sodium, and cholesterol.
- Green beans are low in calories but high in fiber and Vitamin C.

*Information gathered by Aggie Horticulture*

