

# Green Beans

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

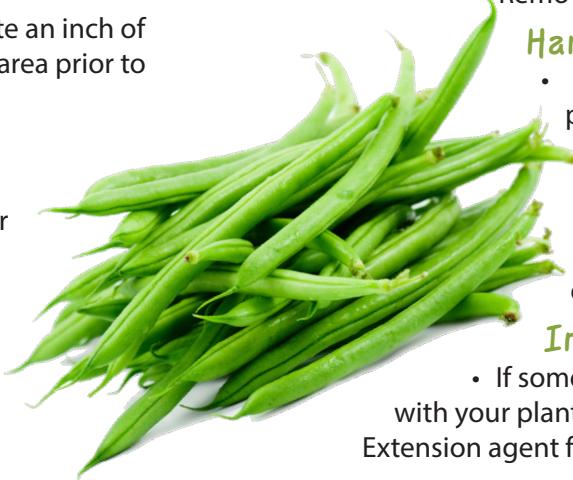
- It is beneficial to incorporate an inch of compost into the planting area prior to planting.

### 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.



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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

### Ingredients

#### Salad

2 cup fresh green beans, trimmed and cut in to bite-sized pieces  
2 cup yellow squash, sliced and chopped  
1/2 pint grape tomatoes  
3/4 cup red onion, finely sliced  
1/4 cup reduced fat feta cheese, crumbled

Serves: 8

#### Dressing

2 Tbsp olive oil  
1/4 cup lime juice, fresh squeezed  
1/4 cup fresh basil, washed and chopped  
1 tsp salt  
1/4 tsp pepper

### Instructions

- Make sure your cooking area, utensils, and hands are clean.
- Clean, slice, and chop vegetables and place them in a large bowl. Add tomatoes and feta cheese to bowl.
- Mix olive oil, lime juice, basil, and spices in a small bowl.
- 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  
1/4 cup olive oil  
1 tsp Italian seasoning blend

### Instructions

- Cut green beans into bite-sized pieces.
- Line one side of the pan with green beans.
- Cut potatoes into bite-sized pieces.
- Line the opposite side of the pan with the potatoes.
- Line the chicken breasts down the middle of the baking dish.
- Evenly distribute olive oil over the green beans, potatoes, and chicken.
- Sprinkle Italian seasoning blend over the entire pan.
- 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

