



# String Beans

## What are they?

String beans come in different colors. There are the most common green ones, yellow ones, sometimes called wax beans, and even purple beans. In the past we have even grown rattlesnake beans which are a beautiful cream color streaked with purple. Beans are best when picked young so they are thin and tender. String beans, like all vegetables, are a powerhouse of nutrition. They are a particularly good source of dietary fiber and vitamins A & C. These colorful beans can be used interchangeably in your cooking, although purple beans will lose their color when cooked.

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## Storage Tips

Beans should be stored in a loosely sealed plastic bag for about a week in the crisper drawer. To freeze, blanch first then dip into ice water to stop the bean from cooking further. Then the beans can be frozen in plastic freezer bags. Beans are also popular for pickling.

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## Usage Tips

Before serving, snap off both ends and remove the string. Beans can be eaten raw. They may also be steamed or sauteed or stir-fried. Roasting is another good choice especially when tossed with oil and garlic. You can even eat them battered and fried such as is found in Japanese cooking.

A Vegetable E-booklet



# RECIPES

## Green Bean Salad

### INGREDIENTS

2 pounds green beans trimmed  
3 ears corn husked  
1/2 small red bell pepper finely chopped  
1 small red onion finely chopped  
2/3 cup black olives halved and pitted  
1/3 cup chopped fresh basil  
1/4 cup EVOO  
3 T balsamic vinegar  
3 T lemon juice  
2 cloves garlic minced  
Hot sauce such as Tabasco, to taste  
Salt and freshly ground pepper to taste

Adapted from [www.sharedlegacyfarms.com](http://www.sharedlegacyfarms.com)

### INSTRUCTIONS

1. Put a large pot of water on to boil. Fill another large pot half full with ice water. Blanch about half the green beans in the boiling water just until tender, 1 to 2 min.
2. Remove with a slotted spoon, plunge into ice water. Transfer to a large bowl. Repeat with remaining beans. Return water to a boil.
3. Add corn, blanch until tender but still crisp, about 3 min. Drain, immediately plunge into ice water. Cut kernels off cobs.
4. Add corn to beans in bowl. Add bell pepper, onion, olives, basil, oil, vinegar, lemon juice and garlic; toss to mix well. Season with hot sauce, salt and pepper.

## Poor Man's Soup

### INGREDIENTS

approx. 2 lbs. potatoes, any variety, washed and cut into bite-sized chunks  
1lb. grass-fed ground beef, cooked  
approx. 1 lb. yellow (wax) string beans, snapped in half or thirds  
beef bullion to taste  
salt and pepper to taste

This recipe is a favorite from Suzanne, Tessa's assistant on the farm. Growing up, her mom would cook up a big pot of this soup often. Suzanne's kids will eat their beans when served up in this simple soup that feels like home. Ingredient portions are approximate as this in one of those recipes that works with whatever amounts are on hand.

### INSTRUCTIONS

1. In a large soup pot, brown the ground beef. Add water to boil the potatoes. Bring water to a boil.
2. Add cut up potatoes and cook about 5 minutes.
3. Add beans and cook about 5 min.
4. Check potatoes and beans for doneness.
5. Add bullion, salt and pepper to taste.
6. Enjoy! Serve with some farm fresh bread. Kids will enjoy reading Stone Soup with this meal.