

HARVEST OF THE MONTH  
 NEWSLETTER 03/2021

**MARCH**

**Green beans**
**FUN FACTS**

- “Green” beans can actually be green, yellow, purple, or speckled in these colors.
- Green beans may grow as bush beans or pole beans. Pole beans are climbers; they need a trellis or pole to hold up the plant

**NUTRITION INFO**

One cup of green beans has 35 calories and provides manganese, folate, and vitamins C & K.

**PICK**

Choose green beans that are deep in color and free of brown spots. A fresh bean will have a velvety touch and make a snapping noise when broken.

**STORE**

Store unwashed green beans in perforated bag and use within a few days. Blanched green beans can be frozen and used within 12 months.

**PREPARE**

Before use, wash under running water. Remove the stem end by snapping off, trimming with kitchen scissors, or cutting with a knife.

**USE**

Serve fresh, raw green beans with dip for a quick snack or add to a summer salad. Top steamed or roasted beans with olive oil and toasted almonds. They can also be sautéed or stir fried.


**Three Sisters Soup**

Serves 5

**Ingredients:**

- |                                     |  |
|-------------------------------------|--|
| ▪ ¼ pounds squash or sweet potatoes | ▪ ½ tsp. cumin                                     |
| ▪ 2 Tbsp. olive oil                 | ▪ ½ tsp. dried thyme                               |
| ▪ 1 ½ cup onions, chopped           | ▪ ½ tsp. black pepper                              |
| ▪ ½ cup celery, chopped             | ▪ 1 cup corn, fresh or frozen                      |
| ▪ ¼ cup carrots, chopped            | ▪ ½ cup green beans, trimmed and chopped           |
| ▪ 1 ½ tsp. garlic, minced           | ▪ 1 ¼ cup Great Northern Beans, drained and rinsed |
| ▪ 1 ½ cup low-sodium chicken broth  | ▪ ¼ cup low-sodium salsa                           |
| ▪ 1 tsp. salt                       |  |
| ▪ ½ tsp. coriander                  |  |

**Directions:**

If using squash, trim, peel, quarter and seed. Cut squash/sweet potatoes into ½-inch cubes. Heat oil in a large stockpot over medium heat. Add onions, celery and carrots and cook, stirring occasionally, until tender, about 5 minutes. Add garlic and cook, stirring for 1 minute more. Add broth, squash/sweet potatoes, salt, coriander, cumin, thyme and pepper. Bring to a slow boil. Cover and simmer, stirring occasionally, until the vegetables are tender, 30-45 minutes. Add corn, green beans, Great Northern beans, salsa and remaining salt. Return to a simmer and cook until green beans are tender, about 5 minutes.

Per Serving (3/4 cup): 134 calories, 2g fat, .2g saturated fat, 7g protein, 24g carbohydrate, 5g fiber, 344mg sodium

for more information visit [www.laxf2s.org](http://www.laxf2s.org)