

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