

Harvest of the Month

String Green Beans



FUN FACTS:

The bean pod can be yellow, green, purple or red. Inside the pod are 4 to 6 seeds.

This institution is an equal opportunity provider.



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FUN FACTS:

Native to Peru and cultivated for over 7000 years, today green beans are found all around the world.

China, the greatest manufacturer of green beans, produces and exports 15 million tons each year.

The pod, which can be yellow, green, purple or red in color, is the edible part of the plant, with each pod having 4 to 6 kidney-shaped seeds.

Green beans are a rich source of Vitamin C, and a good source of fiber, protein and folate.

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