



Kentucky Green Beans

Season: June through September.

Nutrition Facts: One-half cup of unseasoned green beans has 15 calories; is low in sodium; and provides fiber, vitamin A, and potassium.

Selection: Choose slender, firm, smooth, crisp beans with slightly velvety pods and a bright color. Beans should be free of blemishes and have small seeds.

Storage: Beans can be stored unwashed in plastic bags in the refrigerator crisper for 3 to 5 days. Wash just before preparation.

Preparation: Wash well and remove stems and strings. Cook by steaming in a small amount of water, until tender-crisp, about 5 to 8 minutes. They can be cooked directly in soups or stews. They also go well with seasonings, such as chives, dill, marjoram, mint, oregano, thyme, lemon, mustard, or onion.

Freezing: Allow $\frac{2}{3}$ to 1 pound of fresh beans for 1 pint frozen. Wash thoroughly. Remove and discard ends and strings. Cut or break beans into 1- or 2-inch pieces. Place beans in boiling water for 3 minutes. Plunge the heated beans into cold water. When cooled, remove beans and drain well. Pack beans into freezer bags or containers. Leave $\frac{1}{2}$ -inch headspace. Seal and place in the freezer. Use within 12 months.

Green Beans, Carrots, and Celery

1 pound fresh green beans

margarine, small pat

lemon pepper, to taste

1 small carrot

$\frac{1}{2}$ stalk celery

Wash, trim, and break beans. Slice carrot and celery in long, diagonal slices. Cook together in a small amount of water until beans are tender. Drain liquid and serve using a small pat of margarine and a sprinkling of lemon pepper for seasoning.

Yield: 4 $\frac{1}{2}$ -cup servings.

Nutritional Analysis: 50 calories, 2 g protein, 9 g carbohydrate, 5 g fiber, 1 g fat, 0 mg cholesterol, 50 mg sodium.

Recipe adapted from Boone County Farmers' Market Recipe Collection, 2002. Boone County Cooperative Extension Service, Burlington, Kentucky.

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