



FAMILY NEWSLETTER

NUTRIENTS FOUND IN STRING BEANS

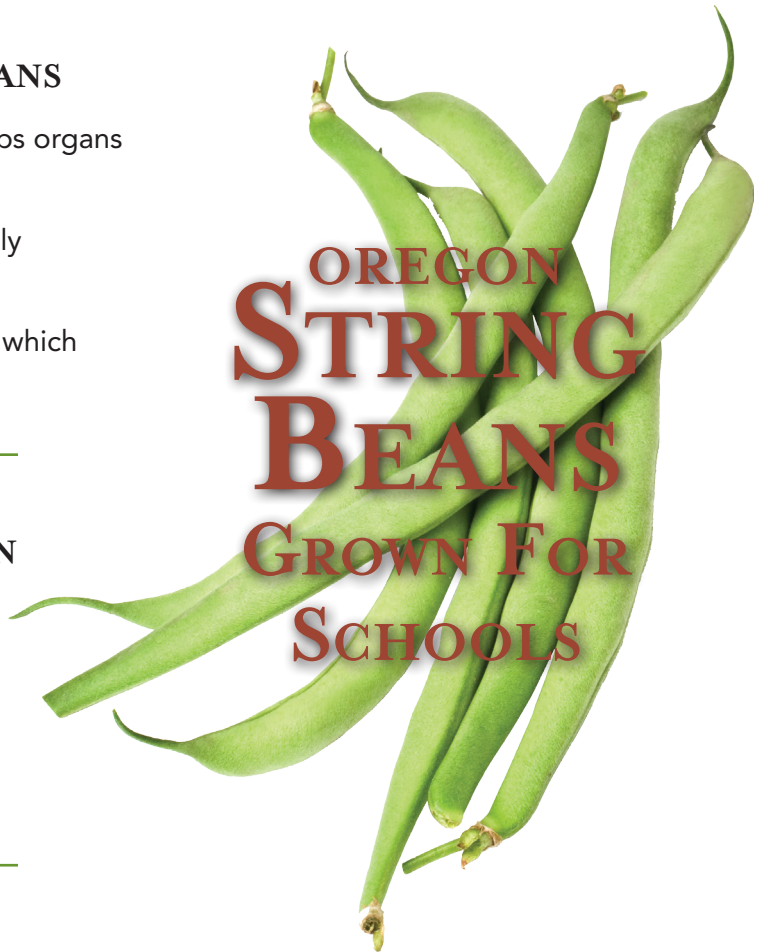
- String beans are a source of potassium, which helps organs function well!
- One cup of string beans delivers 16% of one's daily requirement of vitamin C.
- String beans are an excellent source of vitamin K, which helps your blood clot.

HEALTHY, FIT & READY TO LEARN

- Kids thrive when they are active 60 minutes a day, five days per week! Adults need physical activity, too-- about 30 minutes per day, five days per week. Try going on a walk with your whole family or play at a local park or school together!

GROWN IN OREGON

Green beans are planted in late spring and can be continually harvested until the first fall frosts!



JUST FOR KIDS

Kids, you can help prepare string beans by rinsing them, drying them with a towel, and snapping or carefully cutting off the ends!



LIVING AND EATING GREEN

Using cold water to wash your kitchen linens, towels, and clothes can save up to 80% of the energy it would take using hot water!

YOUR OREGON KITCHEN

QUICK AND EASY

- Rinse, blanch, and freeze your string beans to enjoy them all year long.
- String beans fresh from the garden are often so flavorful that they don't need to be cooked for more than a few minutes. You can even try munching on them raw!
- Green beans can be boiled, steamed, roasted, or sautéed.
- Try pairing sautéed green beans with healthy nuts like almonds or hazelnuts.

PRODUCE POINTERS

- Pick beans that are firm and slender. Beans with the shape of the seeds visible through the skin are tough and overly mature.
- Look for beans that do not sag or have brown spots.
- Before cooking, snap off the ends of the beans and peel back to get rid of the string.
- If you are serving string beans cold, cook them and then immediately rinse them in cold water.

RECIPE: CREAMED GREEN BEANS WITH POTATOES*

INGREDIENTS:

- 2 tablespoons vegetable oil
- 2 tablespoons flour
- ¼ teaspoon basil
- ¼ teaspoon rosemary
- ¼ teaspoon salt
- pepper to taste
- 1 cup non-fat or 1% milk
- 2 cups frozen green beans
- 2 cups cooked new potatoes
- ½ cup sliced mushrooms



DIRECTIONS:

1. Heat oil in a small saucepan; blend in flour.
2. Slowly add basil, rosemary, salt, pepper, and milk.
3. Cook and stir constantly until thickened.
4. Add beans, potatoes, and mushrooms and heat through.
5. Refrigerate leftovers within 2 hours.

* foodhero.org



RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids ages 5-12	Teens & Adults ages 13+
Males	2 ½ - 5 cups per day	4 ½ - 6 ½ cups per day
Females	2 ½ - 5 cups per day	3 ½ - 5 cups per day

If you are active, eat the higher number of cups per day. Visit choosemyplate.gov to learn more.

Find Out More: Visit Oregon Department of Education Child Nutrition Programs at www.ode.state.or.us/go/f2sgardens.