



Kentucky Green Beans

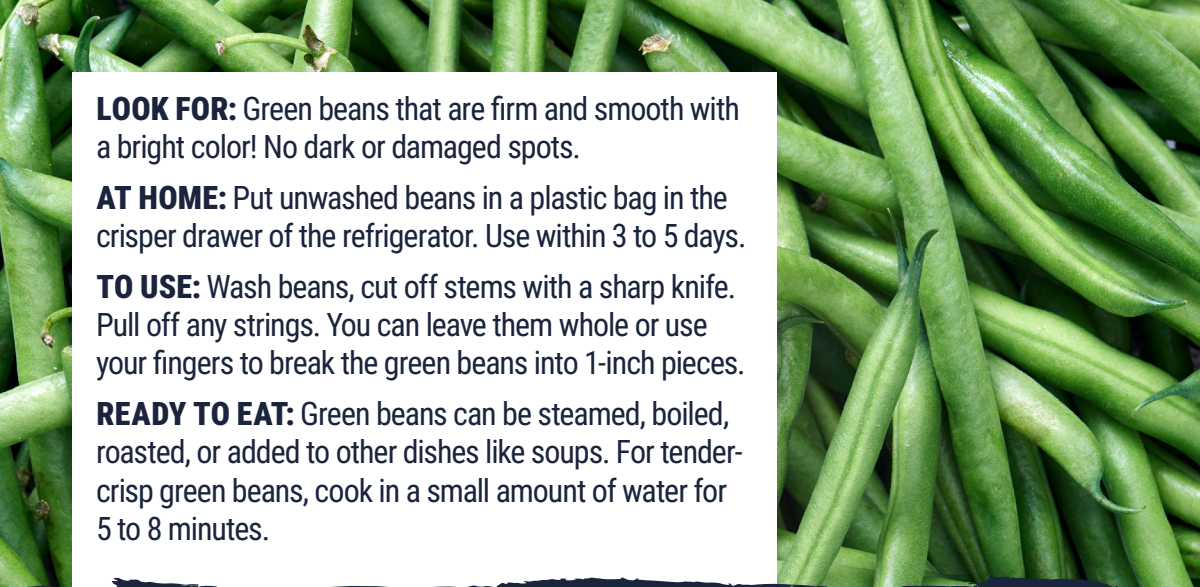
**RIPE AND TASTY:
JUNE - SEPTEMBER**



Cooperative Extension Service



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LOOK FOR: Green beans that are firm and smooth with a bright color! No dark or damaged spots.

AT HOME: Put unwashed beans in a plastic bag in the crisper drawer of the refrigerator. Use within 3 to 5 days.

TO USE: Wash beans, cut off stems with a sharp knife. Pull off any strings. You can leave them whole or use your fingers to break the green beans into 1-inch pieces.

READY TO EAT: Green beans can be steamed, boiled, roasted, or added to other dishes like soups. For tender-crisp green beans, cook in a small amount of water for 5 to 8 minutes.



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