

Green Beans



- ◆ Green beans grow in your garden and can climb high on trellis or supports.
- ◆ They can only grow in the spring and summer. Don't plant until after the last frost.
- ◆ Buy long and slender beans. If they are too fat or you can see through the skins they are older and not as tasty.
- ◆ The riboflavin in green beans help reduce the frequency of migraine attacks.
- ◆ While very low in calories, they are loaded with nutrients. They are an excellent source of vitamin K, iron, vitamin C, riboflavin, magnesium, calcium, protein and omega3 fatty acids. They're also a very rich source of dietary fiber.
- ◆ Eat them raw, blanched or cooked—always delicious!