

# KEWEENAW GROWN FOOD

## GREEN BEANS



### PEAK SEASON

Mid-to-late summer through early fall.

### HOW TO SELECT & STORE

Choose firm, brightly colored green beans that snap easily when bent.

Refrigerate green beans in a plastic bag, use within one week.



### HEALTH BENEFITS

One cup of cooked green beans provide four grams of fiber. Green beans are also a good source of folate and Vitamin C. Green beans are easily digested and are well tolerated by individuals who have irritable bowel syndrome (IBS) or a sensitive stomach.



### WAYS TO USE

**Savory** - Make green bean “fries”- sprinkle fresh green beans with a little olive oil, salt and pepper. Add to soup or stir-fry veggie mix for added variety. Steam and marinate with your favorite vinaigrette. Green beans are also fantastic when grilled!



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Portage Health Foundation believes a vital factor to a healthier tomorrow involves improved access to fresh, nutritious and locally sourced foods. Better yet, the knowledge of what to do with those foods once you've got them. This is where the Keweenaw Grown Food series steps in. This series includes recipes and educational flyers that feature information on peak season, how to select/store, health benefits and ways to use different types of fresh, locally grown food.

The Keweenaw Grown Food Series has been developed to meet an emerging need in the community for information on how to grow, cook, and eat nutritious and seasonal foods. The resources from this series are intended to be widely distributed and utilized throughout our community.

Our hope is that these will become tools that can be used (and enjoyed!) on an individual, family, group, and community level and will cultivate a culture of health through seasonal and healthful cooking. You

can download PDFs of all items at [phfgive.org/food](http://phfgive.org/food).



**PHFoundation**  
FOOD SERIES

Portage Health Foundation is passionate about making a difference when it comes to food in Baraga, Houghton, Keweenaw and Ontonagon counties.

If you want to support this cause, you can make a monetary donation, contact us about potential volunteer opportunities regarding our food initiative, or subscribe to our quarterly Food Initiative email newsletter by visiting our website.

**VISIT [PHFGIVE.ORG/FOOD](http://PHFGIVE.ORG/FOOD)**