



# Green Beans

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Green beans are also called “string beans” or “snap beans”. They can be cooked, pickled or eaten raw. Green beans are a rich source of Vitamins A, C and K, as well as iron and potassium. There are approximately 31 calories in 1 cup of green beans.



## Plant Requirements

<b>Sun</b>	Full Sun - six plus hours of sun daily
<b>Soil</b>	Beans grow best in slightly acidic to neutral soil with clay or silt providing better bean growth than sandy soils.
<b>Soil Temp</b>	Plant seeds directly in the garden once the soil has warmed; generally late May or early June

## Plant Selection

Bush Beans - Shorter flowering and production season, though they may continue to produce pods provided they are regularly harvested. Bush beans are container friendly.

Pole Beans Flower and produce new beans throughout the season. Well suited for smaller gardens due to their vertical growth.

Days to Maturity - 50 to 65 days.

Disease Resistance - varies among varieties and should be researched and considered when selecting type of bean to grow.

## Planting Recommendations

- Bush Beans can be planted throughout the summer until early August providing production into the fall. They are upright plants that grow about 2’ tall and do not require support. Plant seeds in rows two to three feet apart and seeds 4” apart within the rows.
- Pole Beans require support, so install pole bean supports at the time of planting (tripods; trellis; teepee) as they can grow to 6’ tall. Plant pole beans 4” apart or two to four seeds at the base of each pole.

## Maintenance

Watering - Keep soil well-watered; one inch of rainfall per week is good. Beans grown in sandy soil will need more frequent watering. Use a trowel to see how deep the soil is wet. If only an inch or two, continue watering.

Fertilization - Require little fertilizer.



Temperature Requirements - During extremely hot weather pole bean plants may not set fruit. They will return to producing flowers/fruit once weather returns to normal.

Weeds - Beans have shallow roots so frequent shallow cultivation or hoeing should be done to control weeds. Do not work in plants when they are wet. It is best to weed and harvest mid-day when plants are dry.

Diseases - <https://extension.umn.edu/plant-diseases/bean-insects-and-diseases>

Questions or Problems - go to <https://apps.extension.umn.edu/garden/diagnose/> and search for “Disorders of garden beans” - “What Insect is this?” - “What’s wrong with my Plant?” - “Is this Plant a Weed?”

## Harvest and Storage

- Pick beans after the dew is off the plant and the pods are thoroughly dry to prevent blight.
- Beans may be picked at any stage of pod formation. Once the pods begin to bulge they may be more fibrous.
- Snap beans will hold their quality for several hours at room temperature. It is best to refrigerate them if they are not cooked immediately.
- When canning beans, pick them at the more mature stage so they remain firm after processing

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## Steamed Green Beans with Parmesan Cheese

### Ingredients

2 tablespoons unsalted butter, softened  
2 tablespoons freshly grated Parmigiano-Reggiano cheese  
¾ pound green beans, trimmed and cleaned  
Salt and pepper

### Instructions

1. In a small bowl, combine the butter with the cheese and season with salt and pepper.
2. In a saucepan, set a steamer basket over 1 inch of water and bring to a boil. Add the beans and steam until crisp-tender, about 5 minutes. Pat the beans dry with a towel and transfer to a bowl. Top with the butter/cheese mix