INCREDIBLE EDIBLE IDAHO

GREEN BEANS

IDAHO GREEN BEAN FACTS:

Idaho grows a lot of green bean seeds for farmers nationwide, so you might be planting Idaho bean seeds when you plant your school garden.

Bean plants can make their own fertilizer. The plants partner with bacteria in the soil to convert nitrogen in the air to a nitrogen fertilizer that the plant can use.

You can find fresh Idaho-grown green beans at grocery stores and Farmers Markets from July through September.

GREEN BEAN NUTRITION FACTS:

Green Beans are a good source of fiber, manganese, vitamin C, folate, vitamin A, and vitamin K.

They are a versatile vegetable with a mild flavor that most people enjoy.

Green beans also contain Lutein and Zeaxanthin, antioxidants that are used to maintain healthy eyes.

Top green bean producing counties:

Canyon
Ada
Twin Falls
Gooding

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