



Hey kids, become a
FOOD EXPLORER
and check this out!

Green Beans



Did you know...?

- Green beans grow on tall vines. Massachusetts farmers pick them in summer and early fall.
- Open up a green bean and find little beans inside. Green beans are so tender that we eat the whole pod.
- Green bean, string bean, snap bean—they're all the same!
- Massachusetts Native Americans grew green beans with corn and winter squash. They called them the "Three Sisters of Life" because each crop helps the others grow.



DELICIOUS AND NUTRITIOUS

Bright green and crunchy green beans are great dippers. Try them with your favorite low-fat dip or salad dressing.

A SUPER SNACK IDEA

Sprinkle fresh green beans with a little olive oil and pepper. Bake in the oven to make green bean fries.

GREEN BEAN HUMOR

What vegetable can tie you up?

Why, a string bean, of course!