



Green Beans and Wax Beans

How to Prepare

Green beans, wax beans, French beans, string beans, and snap beans are all common names of this week’s vegetable. For simplicity, we’ll use the word “green beans”. While there are over 130 varieties of green bean, (some of which are yellow, red, purple or striped) most can be used interchangeably, and most have a similar flavour and texture.

Many varieties of green bean grow well in Yellowknife. The plants shoot up quickly, and the pods are ready to eat quickly partly because we eat the pods before they are fully mature. In this state both the pods and beans are tender and flavourful.

Green beans can be enjoyed raw or cooked. They are excellent fresh or frozen. Fresh beans should be stored unwashed in a reusable container in the refrigerator crisper. For an easy-to-follow photo guide, check out www.wikihow.com/Prepare-Green-Beans

Beans can also be blanched then frozen. You can use this online guide to help you blanch and freeze beans: www.bhg.com/recipes/how-to/preserving-canning/freeze-green-beans/

Try Using Green Beans:

- Steamed or boiled;
- In stir fries or sautés;
- Baked in casseroles;
- In soups and stews;
- In curried vegetables;
- As pickles;
- In quinoa or couscous salad;
- With toasted almonds;
- Fried tempura style;
- In a navy / kidney bean salad;
- Sautéed with bacon;
- Roasted with other vegetables; or
- Steamed, with a flavoured butter.

Nutrition Highlights

- Good source of vitamin B6;
- Good source of thiamin & niacin;
- Good source of calcium and iron;
- Good source of fiber;
- Very good source of vitamin A, C

Nutrition Facts	
Serving Size 100 grams (100 grams)	
Amount Per Serving	
Calories 31	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	14%
Sugars 1g	
Protein 2g	
Vitamin A 14%	Vitamin C 27%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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Recipe: Fast Pickled Green Beans

Ingredients

Brine

- ¾ cup white vinegar
- 1 tsp sugar
- 2 tsp kosher salt

Vegetables

- 2 cloves garlic, sliced
- ¼ cup fresh dill, chopped
- 1 tsp whole coriander
- ¼ tsp crushed red pepper flakes
- 12oz green beans, washed and trimmed

Instructions

1. In a small pot, combine 1 cup of water, vinegar, sugar and salt and bring to a boil. Reduce heat and let simmer for 3 minutes, or until salt and sugar are dissolved. Remove from heat and let cool.
2. Divide garlic, dill, coriander, and red pepper flakes between 2 wide mouth 16oz jars. Pack the jars with green beans, and then pour the cooled liquid over top. Refrigerate overnight or up to 1 week. The beans are still tasty after 1 week, they will just lose their bright colour.

This process is a great way to make quick pickles out of many of your favourite vegetables, such as radishes, cucumbers, fennel, bell peppers, pearl onions, carrots and zucchini.

Play with the flavours! Switch up the fresh herbs, add more red pepper flakes or chilies, or substitute rice wine vinegar and star anise for a whole new taste.

Harder vegetables like carrots would benefit from a quick blanching (boiled in water for a short time then placed in very cold water to stop the cooking process) before the pickling process.