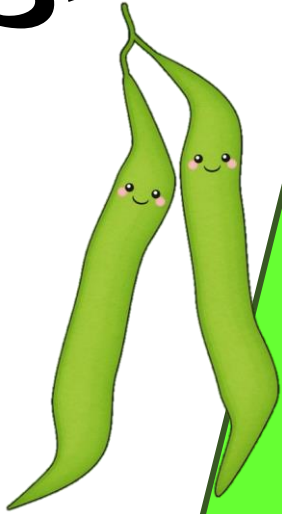


SNACKBite



Snap Beans

- Get their name because the fresh pods “snap” when broken in two.
- The pods, which enclose a row of small, edible seeds, are bright, crisp and juicy, and have a fresh flavor.
- The Vitamin K in these beans play an important role in bone health and clots blood at the surfaces of the skin. So when you get a cut, Vitamin K helps to stop the bleeding.
- While typically green, there are also purple and purple-streaked varieties.
- These beans contain different antioxidants that can help with eye health and prevent disease.
- The use of beans has become so common in American culture that a few expressions in the English language contain the word “beans.” For example, “spill the beans,” refers to the act of telling a secret.
- Green beans grow very fast. The length of time from planting to harvesting is only 45 to 60 days.



Be sure to visit the Fresh Fruit & Vegetable Program page under West Fargo Public Schools Food Service tab for program information and activities.

This institution is an equal opportunity provider.