

Recipe: Green Bean Salad with Feta

Serving Size 1/4 of recipe; Servings: 4; Calories per Serving: 160

Ingredients:

4 cups mixed baby salad greens
1/2 pound fresh green beans, trimmed, cooked al dente and cut in half
2 ounces feta cheese, crumbled
2 tablespoons extra-virgin olive oil
1 tablespoon balsamic vinegar
1 tablespoon orange juice
1/2 teaspoon fennel seeds
Salt and pepper, to taste
1/3 cup dried cranberries (optional)

Instructions:

In a medium-size bowl, combine greens, beans and cheese. Add oil, vinegar, juice, fennel seeds, salt and pepper; toss. Sprinkle with dried cranberries, if desired

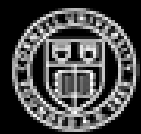
Source: www.allrecipes.com

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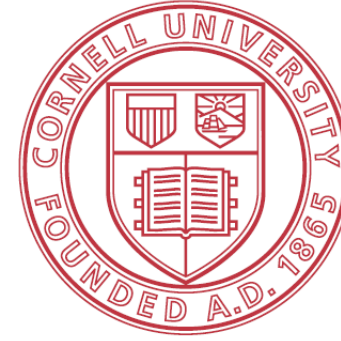
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Text for this publication was written by Master Gardener Volunteer Bunny Goodwin.

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Vegetable Growing Guide: Beans

Cornell Cooperative Extension Clinton and Essex Counties

Bean Facts



Recommended Varieties:

Bush

- Bush Blue Lake
- Charon
- Jade
- Roma II
- Golden Butterwax

Dried

- Cabernet
- Midnight
- Fleetwood

Pole

- Fortex
- Scarlet Runner
- Blue Lake

Bush beans (*Phaseolus vulgaris*) are warm season vegetables that are easy to grow and come in many varieties. There are French beans (filet beans, haricots, green beans, or string beans), wax beans and dry beans (shell beans). No matter what kind of bean you plant, beans add nitrogen to your soil. Beans are an annual plant that must be planted every year from seed. The pod color can range from dark green to yellow and even to purple. Pod shape can also range. Romano types have broad, flat pods while the French filet beans are slender. Bean color can be green, yellow, white, red, black, tan, or spotted. Each plant can grow between 1 and 3 feet in height and can have a spread between 1 and 2 feet. Beans have been cultivated worldwide for more than 7,000 years.

How to Plant



Plant beans in full sun in well-drained soil with a pH of 6.0-6.8. Plant directly in the garden after danger of frost has passed. Plant seeds one inch deep and 2 inches apart, in rows 18-36 inches apart. Do not start seeds inside. Beans do not like to be transplanted. For a steady supply of beans, make successive plantings until mid to late July.

Pests and Diseases

Plant disease resistant varieties. Some recommended string bean varieties are Provider, Yellow pod (wax), Tendergreen Improved. Some recommended dry bean varieties include Jacob's Cattle, Midnight (black turtle soup bean), California Red Kidney (light red kidney), Fleetwood (navy), and soy. Deformed pods may be the result of lack of moisture, poor soil fertility or insect damage during blooming.

Look on the underside of the bean leaves for the pale yellow eggs of the Mexican Bean Beetle. The yellow larva and the red adult with black spots feed voraciously on bean leaves. They can skeletonize the bean plant, destroy blossoms and small pods. Handpick and destroy beetles and eggs in small plantings. Destroy infected plants. Plant early to avoid this pest.

Wash off aphids and spider mites with a hard steady stream of water early in the day. Appreciate the presence of lacewings, natural enemies of aphids.



Maintenance and Care

Provide 1 inch of water a week, especially when flowering and developing pods. Avoid wetting foliage, which encourages disease. Water early in the day so foliage dries quickly. To retain moisture, mulch after second set of true leaves develops. Do not use nitrogen fertilizers.

Harvest and Storage

Beans that are not green may be easier to pick since they are easier to see. Purple beans turn green when they are cooked. Pick beans when they are less than 1/4 inch



wide and about 6 inches long. Large beans will be tough and lack flavor. To store string beans, wash them, then blanch beans in boiling water for one minute, drain, then lay beans on a baking sheet so that they are not touching each other. Freeze, then store in ziplock freezer bags.

Harvest dry beans when the pods are dry (beginning to crack open) by pulling up the entire plant. Hang in a dry spot with plenty of air circulation. Pull pods off plant onto a clean sheet placed on the floor or on your lawn on a sunny day. Crack open the pods. Collect the beans and lay them in a single layer on a baking sheet. Put in a warm oven for half an hour. Cool. Store beans in glass jars in a dark place. These will keep all winter.

Sources:

Information for the text was taken from the 2003 Cornell Guide to Growing Fruit at Home which can be found at www.gardening.cornell.edu/fruit/homefruit.html

Recipe was provided by Eat Smart New York. More information on this program can be obtained by calling your county's Cornell Cooperative Extension Office.