

Harvest of the Month

July: Green Beans

5210 Every Day!

Green beans originated in Peru; Also called string beans and snap beans

TASTE & COOKING

- * Green beans taste best when they are young and thinner than a pencil.
- * They continue to cook after you remove them from boiling water, so remove when still crispy or drop in iced water after cooking.

NUTRITION

One cup has only 35 Calories and contains fiber.

USES:

- ◆ Fresh beans on salads and with dips.
- ◆ Toss into an Asian stir-fry.
- ◆ Blanch and freeze extra beans.
- ◆ Casseroles and soups.



More Green Bean Recipes 

Next Month—Bell Peppers



SPRITELY GREEN BEAN SALAD

This colorful salad is crisp and delicious. It's the perfect summer salad with local garden green beans. Featured on BRMH Salad Bar Tuesday's in July starting July 9

Ingredients (6 Servings)

2/3 lb. Green beans, 1 in pieces
2 Tbsp. Red onion or green onion, sliced
8 Cherry tomatoes, halved
1/3 c. Sliced almonds
1/4 c. Sliced red onion
1 Tbsp. Fresh basil or 1-1/2 tsp. dry

Dressing:

2 Tbsp. Olive oil
2 tsp. French style mustard
Juice of one lemon
1/2 tsp. Salt
1/2 tsp. Paprika
1/2 tsp. Dried parsley (1 Tbsp. fresh)

Method: Clean and snip ends of fresh beans. Cut into 1 in pieces. Cook beans until tender crisp. Chill in ice water. Drain and add the remaining ingredients. Serve with the mustard dressing. Makes 8 servings (one cup ea.) Nutrition Info. per serving approx. Nutrition Info. per serving approx. 90 Calories, 7g Fat, 6g Carb., 2g Protein



Thursdays 2:00-6:00p
Saturdays 9:00a- 1:00p
Next to BRF High School

Harvest of the Month is a partnership between Jackson County Department of Health and Human Services, Black River Memorial Hospital, Together for Jackson County Kids, Ho-Chunk Nation, UW Extension-Jackson County, Lunda Community Center, Boys and Girls Club, Hansen's Market, local school districts, BRF Library and the community.

July Wellness Events

Jackson County Farmers Market – Thursdays 2 – 6 p.m. and Sat. 9 – 1 through October. (Near BRF High School)

Tuesday's in July, 5:30am Sunrise Yoga, Lunda Park Bandshell with Becky Windsor. \$5.00/class

July 6, all day Festival in the Park – Lunda Community Park, BRF.

July 8, 10:30-11:30am Better Breathers Club, Oak Room, BRMH. More info, contact Kim at 715-284-1313

July 10, 10:30-11:30am Diabetes Education & Support Group "Diabetes by the Numbers" Oak Room, BRMH

July 13, 9-10am Move with a Doc. Lunda Community Center – Meet at Farmers Market

July 18, 5:30pm – 7 p.m. Living Fiercely with Cancer Support Group. Lunda Community Center (Hub). Facilitators Kathleen Clemons, Kaye Henrickson

July 20, all day, Karner Blue Summer Festival, Downtown & Half Marathon, 10K, 5K, Youth Race - BRF

July 20- Friends of the Black River Family Kayak at Wazee Beach, 11am-1pm. Free event for all ages. Gear provided. Contact Jeff Polzin at 715-896-5534.

July 25, 4:00pm Harvest of the Month LIVE on WEAU-TV 13 with Ruth Chipps

July 30, 11:30 – 12:30pm Harvest of the Month at BRMH – Taste test green bean recipes.

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Green Beans Almondine

Ingredients:

1/2 pound fresh beans

1/4 cup water

1 Tbsp. butter or olive oil

Dash of salt

1/2 Tbsp. toasted slivered almonds

Directions: Cut beans into 1 inch pieces. Cook and stir beans, water, salt and butter in a 12 inch skillet over medium heat until butter is melted. Cover and cook until beans are tender, about 15 minutes. Stir in almonds. Serves 3

Super Fast Green Beans

This simple method saves on clean up—only 1 pan.

12 oz. washed, trimmed green beans

1/4 c. water

1 Tbsp. butter or olive oil

1/4 t. salt & black pepper

Directions: Place green beans in a large skillet; pour in 1/4 cup water. Bring to a boil over high heat. As soon as water comes to a boil, cover pan and cook 3 minutes. Uncover pan, and stir in butter. Cook 1 minute or until water evaporates and beans are crisp-tender. Sprinkle beans with salt and pepper.

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See the recipe LIVE on WEAU-TV 13 (NBC) Eau Claire, Thurs., Thurs. July 25 at 4 p.m. with Ruth Chipps

Taste green bean recipes: Black River Memorial Hospital Café on Tues. July 30, 11:30a-12:30p

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