



IDEA Child Nutrition Program SEPTEMBER 2022 Harvest of the Month Recipe

GARLIC GREEN BEANS

This delicious recipe is big on flavor!



INGREDIENTS

- 1 lb. of fresh or frozen green beans
- 1 1/2 Tbsp. of Olive Oil
- 2 Tbsp. of Minced Garlic
- Juice from 1 lemon
- 1/2 tsp. of salt
- 1/2 tsp. of black pepper
- 1/4 cup freshly chopped parsley



STEPS

1. Wash green beans.
2. Snip off the ends of the green beans (optional) if using fresh.
3. Place olive in oil in a medium skillet over medium heat.
4. Add the minced garlic. Let it heat until fragrant, about 1 minute.
5. Add in the green beans. Stir.
6. Add in freshly squeezed lemon juice.
7. Stir together, and let cook for 4-5 minutes for crisp, tender green beans. Or cook a few more minutes to your liking.
8. Turn off heat.
9. Stir in parsley, and season with salt and pepper.
10. Serve and enjoy!

Cooking Tip

Do not overcook green beans, or they will lose their green color and will turn brown.



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GREEN BEANS

VARIETIES

Dragon Tongue Beans



Dragon beans have a sweeter flavor than regular green beans. The purple color goes away during cooking.



String Beans



Commonly found in the grocery stores, they have a fresh, slightly starchy flavor. Can be eaten cooked or raw.



Wax Beans



These are the yellow version of the String Bean and can be prepared the same way. They have a mellow flavor.

Summer Squash Fast Facts

Green Beans can grow on either a bush or on a vine. Bush plants will produce a lot of beans at once and vine plants, called pole beans, will produce throughout the growing season.



There are at least 130 different kinds of green beans! Most of them are green, but they can also be purple, yellow or spotted.

Green beans are a great crop for a beginning gardener! They need sun, water and rich soil.

Green beans are very nutritious! They are high in Fiber, Protein, Vitamin B, and Vitamin C.

IDEA FARM NEWS

IDEA Public Schools has 12 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2022-2023 school year.



IDEA Elsa
IDEA Edgemere
IDEA Donna
IDEA Innovation

IDEA Rundberg
IDEA San Benito
IDEA Monterrey Park
IDEA Burke

IDEA Eastside
IDEA Quest
IDEA Horizon Vista
IDEA Achieve

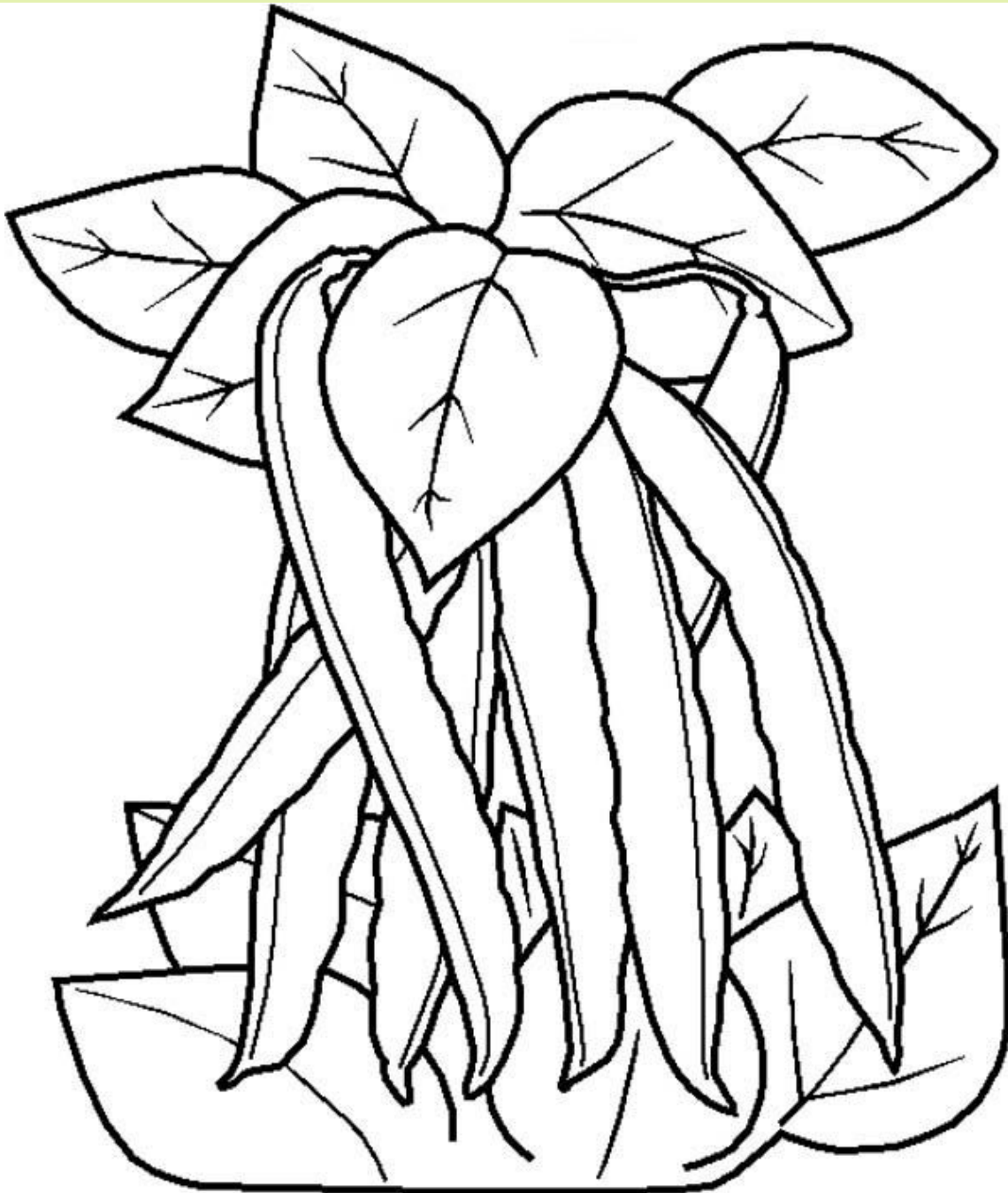
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COLORING ACTIVITY



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Word Search

Directions:

- Find the GREEN BEANS related words in the puzzle.
- Words can go in any directions and can share letters as they cross over each other.

SEPTEMBER
GREEN
BEANS
DRAGON

RED
LONG
PROTEIN
VITAMINS

DONNA
GARLIC
DELICIOUS
STRING

S M M N B R Q V I V I T A M I N S O M K
D A A B A S T M M B G L V F S P H W Z P
B Y X O G A R L I C D E L I C I O U S M
E R Z Q V I X D T R M N P D A O B P Y R
A Z M I H B C L C U C E B H U J J I W E
N G N W Q V B F O Q K N W B G W Y H Z N
S Z D K N D M K W T J X P L T R X P D K
M U M G C G R P F S H S E P T E M B E R
L M B Y P J C A U A T N F X B R L C C A
W J T D W H T R G K K R E T P U O G Y Y
K H D K H K R E U O C H I W J Q N R D D
J V O X R W T D G N N R Z N R T G E K B
L U N A D V B C Y T Z X E Z G S T E D I
F U N P R O T E I N X D D V M G E N E H
M P A F O R L Y J Y R E D Q P F L F B M



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WORD SCRAMBLE

Directions:
Unscramble the GREEN BEANS Related Words!

Scrambled Word

Unscrambled Word

1. NEREG BSNEA
2. MEBTESPER
3. VHSTREA
4. GRNODA ABESN
5. ASVEIIRTE
6. IOUSPMATS
7. DNONA
8. DRE
9. IVMATSIN
10. CICULAM
11. UUISTORITN
12. M FAR

ANSWER KEY

- | | |
|----------------|-----------------|
| 1. GREEN BEANS | 6. POTASSIUM |
| 2. SEPTEMBER | 5. VARIETIES |
| 3. HARVEST | 4. DRAGON BEANS |
| 4. VITAMINS | 10. CALCIUM |
| 5. RED | 11. NUTRITIOUS |
| 6. DONNA | 12. FARM |



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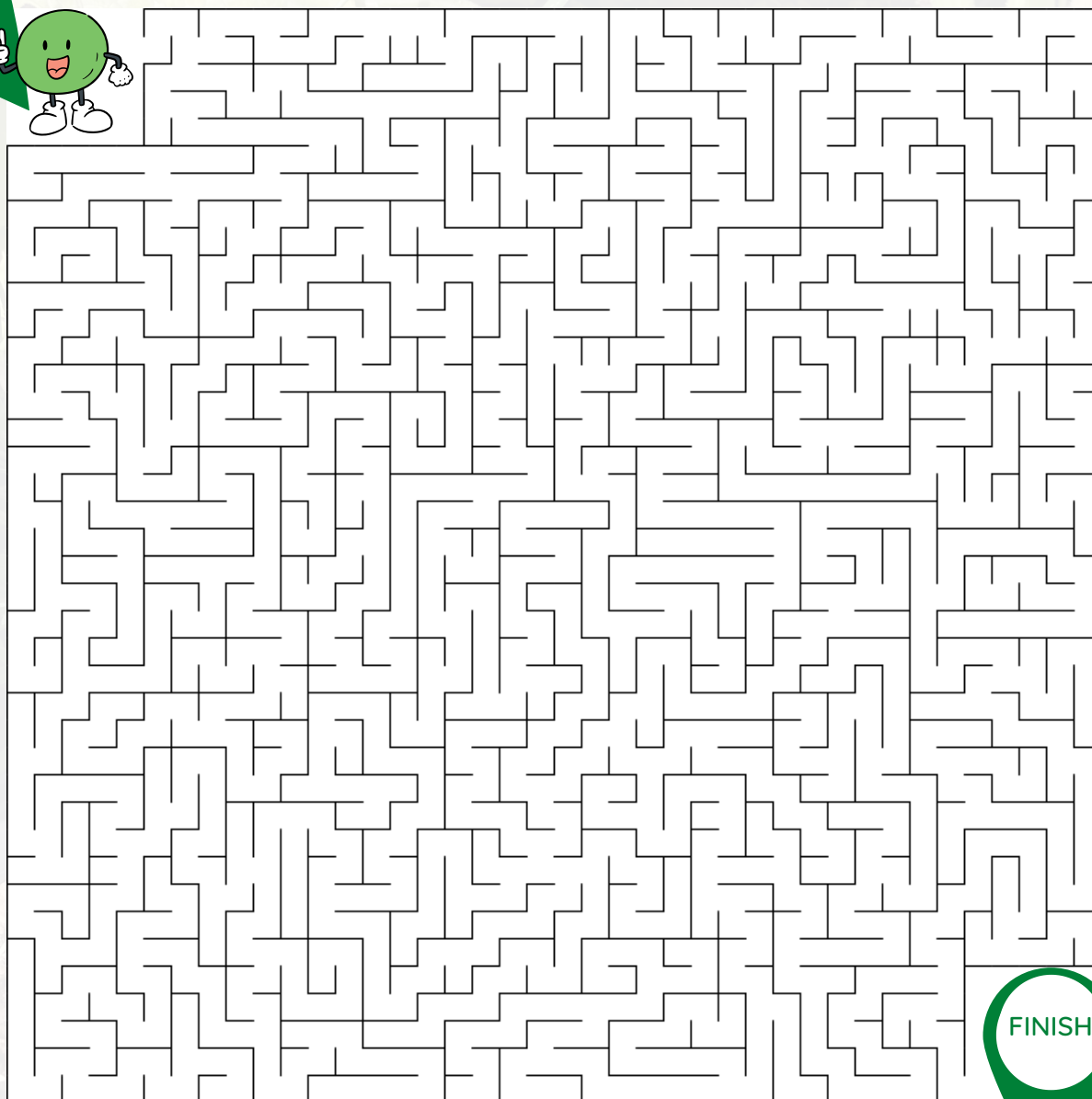
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MAZE

Directions:

Help Gary Green Bean find their way to the finish line!

START
HERE



FINISH



Esta institución es un Proveedor de Igualdad de Oportunidades.