



Try the
November Harvest of the Month!
.....
Green Beans
.....



This institution is an Equal Opportunity Provider.



IDEA Child Nutrition Program November 2024 Harvest of the Month Recipe

Green Bean Almondine



INGREDIENTS

- 1.1/4c Olive oil
- 1 shallot, sliced
- 2-3 garlic cloves, minced
- 1 lb fresh green beans
- 1/4c sliced almonds
- Juice of 1/2 lemon
- Salt to taste
- 1/8 tsp Lemon zest (optional)

Blanching Instructions

1. Fill a large pot with water, add salt and bring it to a boil.
2. Once boiling, add green beans to the pot and cover with a lid. Allow these to cook for 2-3 minutes.
3. While the green beans are boiling, fill a large bowl with ice and water and set aside.
4. After 2-3 minutes of boiling drain beans and submerge in the ice water bath for about 5 minutes to stop the cooking process.
5. Once green beans have cooled down, remove from the ice bath and pat dry.

Cooking Instructions

1. Heat a large sauté pan to medium high heat and add the oil.
2. Once hot, add the sliced shallots and sauté until translucent then, add the minced garlic and continue to sauté until garlic is fragrant.
3. Add green beans and almonds to the pan and sauté for 2-3 minutes.
4. Salt the green beans to taste, then add lemon juice, stir and cover for an additional 2-3 minutes.
5. Turn off the heat and add lemon zest right before serving.



IDEA Child Nutrition Program November 2024 Harvest of the Month

Green Beans

VARIETIES

String Beans



While most people associate string beans with green, they also come in yellow and purple varieties, which can add visual appeal to dishes.

French Beans



Typically thinner, sweeter and more intense flavor compared to other green bean varieties, making them a gourmet choice.

Romano Beans



Originated in Italy and they have a richer, more robust flavor, often described as more earthy and slightly sweet.

Green Beans FAST FACTS

Green beans can be eaten raw, steamed, sautéed, or used in casseroles and salads.



Green beans are a staple in many cuisines around the world, often associated with comfort food and family gatherings.



While most are green, they also come in yellow (wax beans) and purple varieties.



Many modern green bean varieties are stringless, enhancing their tenderness and ease of eating.

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 2024-2025 school year.



IDEA Elsa
IDEA Edgemere
IDEA Donna
IDEA Bridge

IDEA Rundberg
IDEA San Benito
IDEA Monterrey Park
IDEA Burke

IDEA Eastside
IDEA Quest
IDEA Horizon Vista
IDEA Achieve

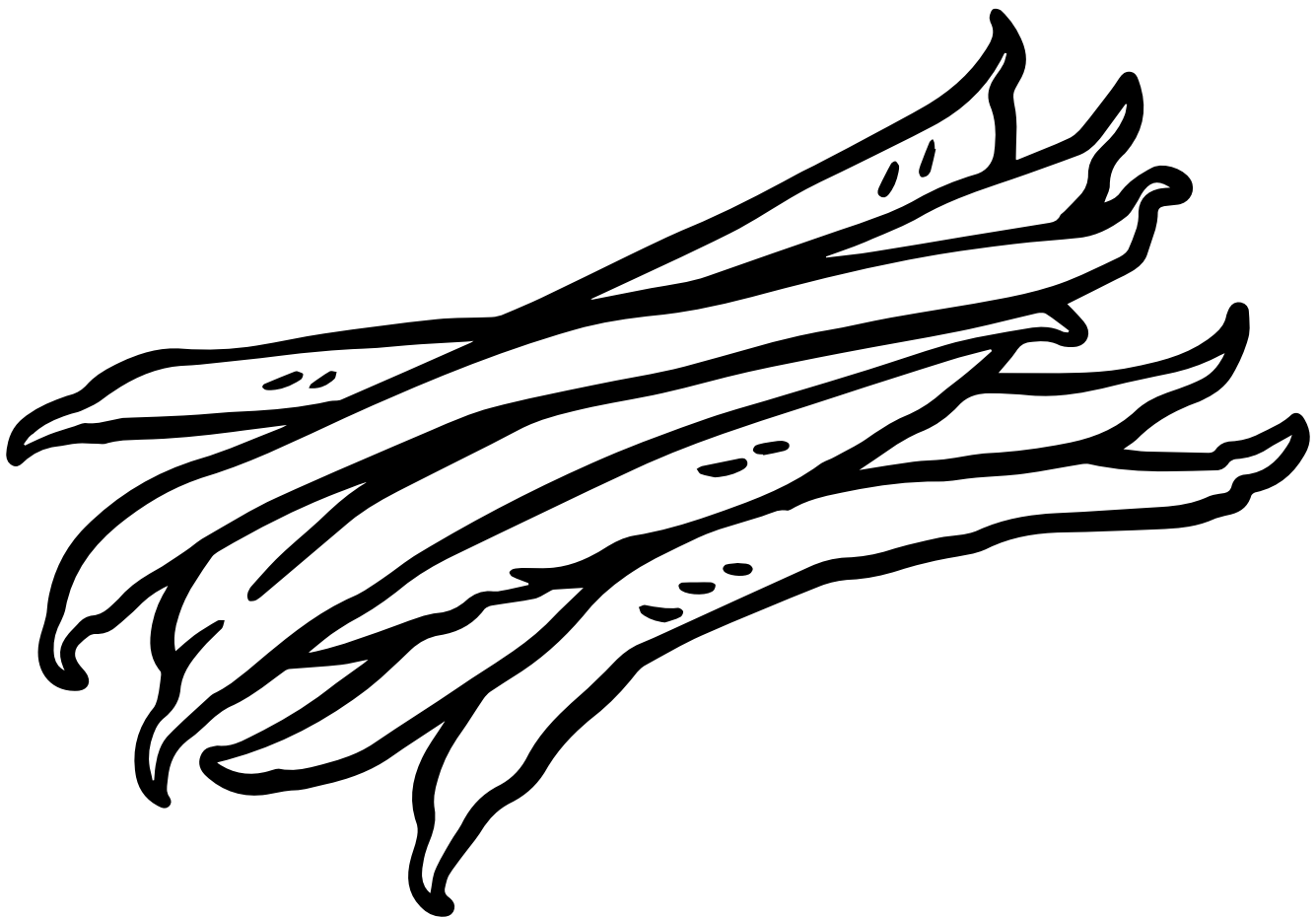


This institution is an Equal Opportunity Provider.



IDEA Child Nutrition Program November 2024 Harvest of the Month

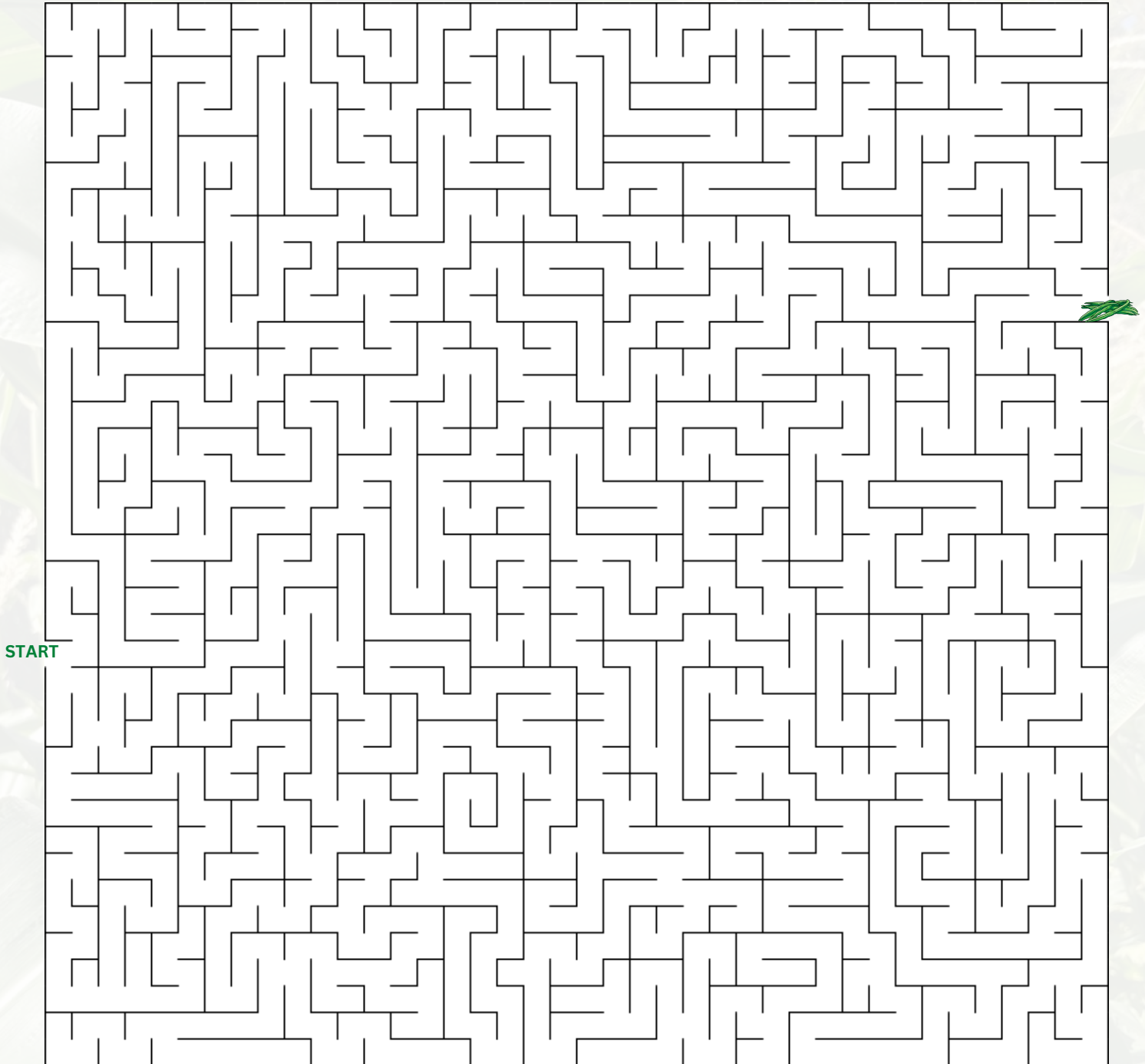
Coloring Activity





IDEA Child Nutrition Program November 2024 Harvest of the Month

Directions:
Find your way to the Green Beans!



This institution is an Equal Opportunity Provider.



IDEA Child Nutrition Program November 2024 Harvest of the Month

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.

Casserole
Fresh
Harvest
Sautéed

Crispy
Garden
Nutritious
Steamed

Flavorful
Green
Salad
Tender

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



IDEA Child Nutrition Program November 2024 Harvest of the Month

Word Scramble

Directions:
Unscramble the Green Beans Related Words!

Scrambled Word

Unscrambled Word

1. EGRNE ESBNA

2. EGANRD

3. EREGN

4. EIBRF

5. HSFER

6. EHASRVT

7. ESMDETA

8. PSRIC

9. NSPA

10. NUETRITN

11. SAADL

12. ELSOSAECR

ANSWER KEY

12. Casserole
11. Salad
10. Nutrient
9. Snap
8. Crisp
7. Steamed

6. Harvest
5. Fresh
4. Fiber
3. Green
2. Garden
1. Green Beans

This institution
is an Equal Opportunity Provider.