



Know What You Grow!



Snap Beans

Scientific Name: *Phaseolus vulgaris*

Recommended Varieties:

Snap beans, also referred to as green beans or string beans. Snap bean pods can be flat or round (oval) in cross-section. The flat types, referred to as Kentucky Wonder types, include Magnum, Greencrop, and Calgreen. The round or oval types, referred to as Blue Lakes types, include Benchmark, Strike, and Landmark. Plant growth habit can be bush or pole-type. Bush types, are the common type grown in commercial production in California.

Common Pest(s):

Cut worms, loopers, white fly, lygus bugs.

[IPM](#)

[ANR Catalog](#)

Growing Information

Warm Season Plant

In California snap beans are available for fresh market and processing nine months of the year, until the frost kills them.

Ideal Planting Window

Inland Valley: April-May; July-August

Desert: January-March; August

Growing Guidance

The optimal temperature for seed emergence is 77° F. The optimal temperature for plant growth is 65-85° F. Temperatures above 90°F cause blossoms to drop and ovules to abort. Pods that remain become fibrous and poorly formed.

Further information:

[ANR Catalog](#)



Interesting Facts

Green beans are one of American's most popular vegetables. Like peas, they are harvested while they're young and eaten with the shell. Did you know that if you don't pick the green beans when they are young, the pods harden? The beans inside can be dried and used for making soups like chili.

Green beans grow in two ways: on bushes or on plants with long vines. The bush plants produce lot of beans all at once. The vine plants (called pole beans) produce beans throughout the growing season.

Bean plants have pretty white flowers and deep-green, tear-shaped leaves. The leaves feel a little fuzzy and can make you itch. There are at least 130 different kinds of beans. Most are green, but some are purple, yellow or even spotted.

Green beans are a low FODMAP food and can be enjoyed by many people who have chronic digestive issues. Eating foods high in FODMAPs may worsen digestive conditions such as irritable bowel syndrome (IBS) and acid reflux.

[Healthline](#)

[Easy Science for Kids](#)

Contact Information



RIVERSIDE COUNTY MASTER GARDENERS

EMAIL: anrmgriverside@ucanr.edu

WEBSITE: <https://ucanr.edu/sites/RiversideMG/>

Nutritional Information

Nutritional Value

Green Beans are a good source of vitamin A, C and minerals. Each one-cup serving of green beans (fresh, frozen, or canned) provides almost 2 grams of protein. Green beans contain many essential vitamins, including folate.

For more information:

[Health Line](#)

Recipe:

Garlicky Skillet Green Beans



Ingredients:

- 1 teaspoon extra virgin olive oil
- 1 pound green beans, trimmed
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 cup water
- 1 tablespoon unsalted butter
- 3 garlic cloves, peeled and minced

Prepare:

Add green beans, salt, pepper and cook, stirring occasionally with a rubber spatula until spotty brown, 4 to 6 minutes. Carefully add water to skillet. Cover and cook until green beans are a bright green, about 2 minutes. Increase heat until the water evaporates, about 1 minute. Stir in butter and garlic and cook, stirring often, until green beans are lightly browned, 2 to 4 minutes. Turn off heat. Use spatula to transfer green beans to a serving platter.

[American Test Kitchen Kids](#)