

# Fresh Beans (Green, Purple, Yellow)

## HOW TO CHOOSE AND STORE

Fresh beans are available in various colors, and are either round or flat pod types. You want to select firm, brightly colored beans. Yellow and green beans cook true to color, while purple varieties will turn green after being cooked. (This is fun to demonstrate to children.) Harvest your beans when it is dry. Store in the refrigerator unwashed. Beans that get wet may develop markings on the outer shell, and they generally don't store very well.



## HOW TO USE AND EAT

Young beans can be eaten fresh as they are or chopped into salads. They can be boiled, steamed, sautéed, or roasted, as a side dish. They also do well in a variety of recipes. Beans can be cooked whole, but some cooks may choose to chop them into shorter lengths. Flat varieties of beans, especially scarlet runner beans, do well when cut into long lengths (French cut) after first removing the outer 'stringy edge' that's found on older beans.

### BUTTERY GARLIC BEANS

- ½ lb of beans
- 1-2 Tbsp butter
- 1-2 cloves garlic, minced or finely chopped
- Salt and pepper to taste

Trim the stems off the beans, cut as desired. Boil the beans in water in a frying pan until they start to soften (5 min). Drain and add butter, then continue to cook on stove until butter melts. Add garlic. Continue cooking until garlic and beans are tender. Add salt and pepper to taste. Serve and enjoy!

### SAUTÉED GREEN BEANS

- 1 ½ Tbsp olive oil
- ¾ lb fresh beans, trimmed
- ½ tsp each of onion salt, garlic salt, garlic powder
- Pepper to taste

Heat olive oil in a frying pan over medium heat. Add in all other ingredients. Cook until desired tenderness is reached (5-10 mins), stirring frequently. Serve hot and enjoy!

### FERMENTED BEANS

- ½ Tbsp non-iodized salt (sea salt, kosher salt)
- 3 cups filtered water/spring water (non chlorinated)
- 2 pounds fresh beans (green or yellow or both)
- Glass quart-sized jar

In a medium bowl, dissolve salt in filtered water. Wash the beans and snap off the stem ends and tips. Place the clean glass quart jar on its side and tightly pack the beans into the jar. Once full, turn the jar upright. Pour the saltwater (brine) into the jar until beans are completely submerged. Place the jar on a plate and *loosely* cover with a lid. Leave the jar at room temperature. Check after 24 hours. (Look for bubbles and a mild, sour smell.) Once the beans seem to be actively fermenting (another day or so), place in your **fridge door**, where it is slightly warmer, and allow beans to continue the slow fermentation process. They should be ready in 1-2 weeks. Use as desired. (Garlic, dill, onion or hot peppers may be added to the jar for flavour variations.)