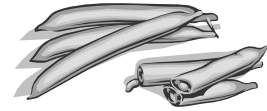


Green Beans



NUTRITION:

Green beans are a good source of iron, thiamine, and vitamin A.

HOW TO SELECT:

Choose pods which are tender, firm, and free of blemishes. They should have a fresh, bright appearance and a crisp “snap” when broken.

STORAGE:

Plan to use within two or three days of picking. Refrigerate in moisture-proof containers.

Preparation Tip: Wash in cool, running water. Avoid soaking. Trim ends and blemishes.

DRYING:

Remove strings if necessary. Split pods lengthwise to hasten drying. Pretreat by steam blanching 3-4 minutes or water blanch 2-3 minutes. Dry at 140°F, 8-14 hours, until brittle. Package dried foods in moisture/vapor proof containers.

FREEZING:

To destroy enzymes and to help maintain color, texture, flavor, and nutrients, blanch green beans in steam for 3-1/2 minutes. Cool in cold water for the same length of time. Drain and package in airtight, moisture-proof containers. Remove all air possible from container before it is sealed, allowing 1/2 inch headspace for all types of containers. Label and date packages, then freeze.

For individually quick frozen, bit-sized pieces that may be poured from their package without thawing, place pieces one layer deep on cookie sheet. Freeze uncovered for four to six hours, then quickly pack and seal.

CANNING:

PRESSURE CAN

Wash, young, tender beans. Cut into 1 inch pieces.

Hot Pack. Cover with boiling water and boil for 5 minutes in a saucepan. Pack loosely into jars, adding salt if desired. Cover with boiling liquid, leaving 1 inch space at top of jar.

Raw Pack. Pack tightly into jars, adding salt if desired. Cover with boiling water, leaving 1 inch space at top of jar.

Green beans can be canned with or without salt. If salt is used, add 1/2 teaspoon to each pint jar, 1 teaspoon to each quart jar.

Wipe rims with clean cloth and seal with lid and ring. Process in a pressure canner at 10 pounds pressure for weighted gauge or 11 pounds pressure for dial gauge. Pints 20 minutes, quarts 25 minutes for both hot pack and raw pack.

PICKLING:

WATER BATH CAN

Pickled Dilled Beans

4 pounds fresh tender green or yellow beans (5-6 inches long)
8 to 16 heads fresh dill
8 cloves garlic (optional)
1/2 cup canning or pickling salt
4 cups white vinegar (5%)
4 cups water
1 teaspoon hot red pepper flakes (optional)

Yield: About 8 pints

Wash and trim ends from the beans and cut to 4-inch lengths. In each pint jar, place 1 to 2 dill heads and, if desired, 1 clove of garlic. Place whole beans upright in pint jars, leaving 1/2-inch headspace. If necessary, trim beans to ensure proper fit. Combine salt, vinegar, water, and pepper flakes.

Bring to a boil. Add hot solution to beans, leaving 1/2-inch headspace. Adjust lids and use conventional boiling-water canner. Process pints 5 minutes.

For more information call WSU Skagit County Extension:

360-428-4270

Or visit:

<http://skagit.wsu.edu/FAM/MFP.htm>

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