

GROW IT

INTRODUCTION

Natalie R. Bumgarner, PhD, Assistant Professor, Department of Plant Sciences

Start with Four Simple Steps:

1. Pick the best spot

- Porches, balconies and patios can all work well for container gardening.
- Make sure plants can get six to eight hours of sunlight.

2. Select a good container

- Terra-cotta, wood, plastic or ceramic containers can all be used. Different types of containers dry out at different rates. Plants in terra-cotta pots are likely to need watered more often than those in plastic pots.
- Be sure there are drainage holes at the bottom of the container.
- Dark colored containers are better for early spring and fall because they warm up faster in sunlight. Lighter colors can be best for summer because they are cooler.
- Make sure the container is large enough; plants drying out in containers that are too small is one of the most common mistakes.

3. Use new potting mix

- Don't use soil from the yard or buy plain topsoil, peat moss or manure. Buy potting mix designed for raised beds or pots. It will both hold water and drain better. It will also be lighter and easier to handle than soil.
- Use new potting mix each year to reduce issues with disease.

4. Be ready to water and fertilizer regularly

- Containers need watered regularly. Check them every day and water before the plants wilt.
- Make sure the potting mix is wet throughout and not just on top.
- Use a soluble fertilizer every week to keep your plants growing well.

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GROW IT

CHERRY TOMATOES

Natalie R. Bumgarner, PhD, Assistant Professor, Department of Plant Sciences

Get It

- 🔥 Tomatoes can be planted as seeds or purchased as plants and transplanted into your home garden.
- 🔥 Transplants are often best for gardeners because they can harvest tasty tomatoes faster (only 45-70 days). It will take more time and management to grow and harvest tomatoes from seed.
- 🔥 When purchasing transplants, look for stocky plants with a healthy green color. Avoid plants with thin stems or yellowed leaves. Locally grown transplants are the best choice for planting in Tennessee.
- 🔥 Cherry tomatoes that are labeled indeterminate will be much taller and are better for larger garden spaces where you can support them with cages or stakes, while tomatoes labeled determinate or dwarf are best for small spaces or containers.

Plant It

- * Do not plant tomatoes until the soil has warmed up and the last frost of the season has passed, which is typically late April or early May in Tennessee.
- * Tomatoes will need approximately six to eight hours of direct sunlight per day. Shaded tomatoes will return a disappointing harvest.
- * Tomatoes are best grown in soil that drains well and is at least 6-8 inches deep.
- * Plant in a spot with loose, workable soil that is free from weeds. Space plants about 24-36 inches apart within a row with 4-5 feet between rows.
- * If an in-ground site is not available, raised beds or container gardens can be used. Select more compact varieties (there are many great options) for these sites. Container cherry tomatoes can be grown in pots that hold 5 gallons or more of potting mix. Larger containers can provide a more consistent moisture level.



Grow It

- ★ Adding granular fertilizer at planting will provide nutrients for the growing plant. A 4-foot-by-8-foot raised bed could be fertilized with $\frac{1}{2}$ to 1 cup of 10-10-10 fertilizer. Evenly mix the fertilizer into the top 2 inches of soil or growing mix.
- ★ Water tomatoes approximately twice per week depending on rainfall. Tomatoes should receive about 1-2 inches of water per week. Split up watering during the week so that soil remains moist to prevent wilting of tomato plants. Mulching will help retain moisture.
- ★ You should add 2-3 tablespoons of water soluble fertilizer labeled for fruiting crops in 2-4 gallons of water weekly in a 4-foot-by-8-foot raised bed to keep the plants growing and producing well.
- ★ Cages are a great way to support larger cherry tomatoes. Choose wire cages about 5 feet tall, and make sure there is enough room for plants to grow wider.

Pick It

- ◆ Tomatoes are typically ready to pick about 45-70 days from the time of transplant, but cherry tomatoes can be quicker than larger fruit.
- ◆ For best results, allow tomatoes to ripen on the vine and pick when red, but before they become soft or show any cracking. Cracking can happen fast if there has been lots of moisture.

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GROW IT

BASIL

Miranda Fulmer, UT Dietetic Intern

Natalie R. Bumgarner, PhD Assistant Professor, Department of Plant Sciences

Get It

Basil is the most popular of the many culinary herbs grown by gardeners, and it is a great place to start with growing and using herbs.

Some common examples are sweet basil, cinnamon basil, holy basil, purple basil and Thai basil.

- 🔥 Purchase a transplant at a local greenhouse or garden center.
- 🔥 Choose plants free from signs of insects or disease. Check under leaves for any signs of disease and around new leaves at the growing tip for any signs of insects.

Plant It

- * Plant outdoors after last spring frost in late April or early May in much of Tennessee.
- * Select a spot with six to eight hours of sun per day.
- * Plant in well-drained soil and space 12-18 inches apart in ground.
- * Mulching after planting can provide even soil moisture and temperature.
- * If planting in a container, use a medium-sized pot to slow down the drying of the media.
- * In the South, especially in containers on porches or balconies, basil can benefit from an hour or two of afternoon shade in the summer.



Grow It

- ★ Basil grows best when daytime temperatures are around 80 F, so it will grow well from late spring to early fall in Tennessee.
- ★ Don't let the soil completely dry out or the plants wilt, but make sure it doesn't stay wet all the time because this will encourage disease.
- ★ As the plants grow, they will need to be watered more often if in containers.
- ★ A little soluble fertilizer added weekly to water is helpful to support new growth following harvest.

Pick It

- ◆ Harvest leaves any time after the plant has reached 6-8 inches; don't wait until the plant begins to flower.
- ◆ Pinch leaves from the tender tip of the stem to encourage new growth or snip leafy stems right above the next pair of leaves. Remember, every pinch will promote the growth of two new side shoots.
- ◆ Frequent harvest may slow down flowering in basil, and some types will be slower to flower than others.

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GROW IT

LEAFY GREENS

Maggie Young, UT Dietetic Intern

Natalie R. Bumgarner, PhD Assistant Professor, Department of Plant Sciences

Get It

- 🔥 Purchase high-quality seed that was packaged for the current year from a reputable supplier.
- 🔥 Leafy greens can be grown from transplants, but direct seeding works fine and is often the simplest way to begin.

Plant It

- * Leafy greens (kale, collards, mustard, spinach, lettuce and Swiss chard) are cool-season crops that can withstand frost but don't grow as well in hot weather. Therefore, there are often two crops grown in the early to mid-spring and early to late fall in Tennessee.
- * The most cold hardy greens (kale, collards, mustard and spinach) can be seeded from mid-February to early April for a spring crop and then again in mid- to late August to early October.
- * Other greens (lettuce, beet greens and Swiss chard) can be seeded in March and April for a spring crop and then again in August and September for a fall crop.
- * Greens can be grown well in gardens and raised beds. If space is an issue, containers are a great option because the plants don't need support.
- * All containers need to have drains to keep the potting mix from being saturated with water. Lettuce, turnip greens and spinach should be grown in containers that hold 2-3 gallons of potting mix, while kale and collards are probably better off in containers that hold 3-5 gallons of potting mix.
- * After sowing, cover seeds with $\frac{1}{4}$ to $\frac{1}{2}$ inch of potting mix or soil. Kale, collards and Swiss chard need 8-12 inches between plants, while mustard, lettuce, turnips, beet greens and spinach can be sown closer—2-6 inches between plants. If you harvest the leaves small, plants can be seeded closer.



- ★ Adding some granular fertilizer at planting will provide nutrients for the growing plant. A 4-foot-by-8-foot raised bed could be fertilized with $\frac{1}{2}$ to 1 cup of 10-10-10 fertilizer. Evenly mix the fertilizer into the top 2 inches of soil or growing mix.
- ★ Leafy greens do well with consistent moisture and well-drained soil or potting mix. Keep in mind that watering will be needed less often in the cooler spring and fall seasons.
- ★ Slow growth or yellowish older leaves means there might not be enough nutrients available. After about three weeks, you can add 1-2 tablespoons of water soluble fertilizer in 2-4 gallons of water weekly in a 4-foot-by-8-foot raised bed to keep the leafy crops growing well.



- ◆ You can harvest the whole plant or individual leaves whenever the leaves are the size that you prefer to eat. Remember, baby greens are just leafy crops harvested at a young age.
- ◆ Since they can be planted in the spring or fall, these plants will be harvested in the late spring or early summer and late fall. The flavor and quality of these greens is often better when they are maturing under cool temperatures.
- ◆ You can keep harvesting these leafy greens into the warmer spring and summer temperatures as long as the quality and taste is good.
- ◆ Likewise, winter harvest is also possible for fall seeded greens. Some (kale and spinach, for example) can even overwinter and you may find another opportunity to harvest in February, March and April of the next year.

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GROW IT

SWEET PEPPERS

Alexandra Alford, Ruth Wooten, UT Dietetic Interns

Natalie R. Bumgarner, PhD, Assistant Professor, Department of Plant Sciences

Get It

- 🔥 Transplants are often best for gardeners because peppers can be challenging to germinate and grow. Plus, you can harvest tasty fruit faster (only 50-70 days from transplanting).
- 🔥 Look for stocky plants with a healthy green color. Avoid plants with thin stems or yellowed leaves. Locally grown transplants are the best choice for planting in Tennessee.
- 🔥 Try Alliance, Red Knight, King Arthur, Flavorburst or Mecate bell peppers and Carmen, Escamillo and Cornito Giallo Italian frying peppers. Eros, Cute Stuff Red, Cute Stuff Gold, Just Sweet and Yellow Sparkler are good options for smaller sweet fruit.

Plant It

- * Do not plant peppers until the soil has warmed up and the last frost of the season has passed, which is typically late April to mid-May in Tennessee.
- * Peppers will need approximately six to eight hours of direct sunlight per day and need soil or potting mix that drains well.
- * Plant 12-18 inches apart in ground or in 1 square foot in a raised bed.
- * Containers (make sure they have good drainage) can also be a good option. Start with a pot that can hold 3-5 gallons of potting mix.



Grow It

- ★ Adding granular fertilizer at planting will provide nutrients for the growing plant. A 4-foot-by-8-foot raised bed could be fertilized with $\frac{1}{2}$ to 1 cup of 10-10-10 fertilizer. Evenly mix the fertilizer into the top 2 inches of soil or growing mix.
- ★ Don't let the soil or potting mix dry out, but make sure to not grow the plant with saturated soils because peppers will be much more prone to disease. Mulching will help retain moisture.
- ★ Peppers should also receive some fertilizer during the growing season. You can add 1-2 tablespoons of water soluble fertilizer labeled for fruiting crops in 2-4 gallons of water weekly in a 4-foot-by-8-foot raised bed to keep the plants growing and producing well.

Pick It

- ◆ Peppers are typically ready to harvest 50 to 70 days after transplanting, but smaller fruited types can be earlier.
- ◆ Cut the fruit from the plant instead of pulling to reduce the risk of stem and leaf damage.
- ◆ Harvest when full sized, and remember green peppers are simply immature peppers and will mature to red, orange or yellow. These mature, colored fruits will be more likely to have pest and disease issues because they are on the plant longer.

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GROW IT

GREEN BEANS

Mariana Rendon, UT Dietetic Intern

Natalie R. Bumgarner, PhD, Assistant Professor, Department of Plant Sciences

Get It

Green beans are a popular, warm-season vegetable that can be grown as a bush crop or a pole crop. For small spaces or containers, bush beans that are compact are the best options because pole beans will need more support and management. Mascotte is a good bush bean cultivar for small space or container gardening.

- 🔥 Purchase high-quality seed that was packaged for the current year from a reputable supplier.
- 🔥 Green beans grow best when directly seeded into well-prepared garden soil, raised bed or container.

Plant It

- * Beans are warm-season crops that are damaged or killed by frost, so it is best to plant them after the danger of frost is passed (mid-April in West Tennessee and late April in East Tennessee).
- * Some shorter season bush beans can also be a later summer/early fall crop if sown in late July or early August.
- * Bush green beans grow more compactly and produce beans faster. They will not require support, but pole beans vine, and will require a stake, twine or trellis.
- * Green beans can be planted in gardens or raised beds, and seeds are placed 2-4 inches apart and covered with about an inch of soil. If you plant multiple rows, they should be 2-3 feet apart.
- * If space is limited, green beans can be planted in clay, wood, plastic or ceramic containers that are 12 to 18 inches deep and can hold a volume of 2-5 gallons of growing mix. Make sure the containers have drains.



Grow It

- ★ Adding granular fertilizer at planting will provide nutrients for the growing plant. A 4-foot-by-8-foot raised bed could be fertilized with $\frac{1}{2}$ to 1 cup of 10-10-10 fertilizer. Evenly mix the fertilizer into the top 2 inches of soil or growing mix.
- ★ Keep the green bean plants well-watered and don't let the soil or media dry out completely between watering. Mulching will help retain moisture.
- ★ The roots of green beans grow near the soil surface. When hoeing and pulling weeds, do not dig too deep, or the plant's roots will be damaged.

Pick It

- ◆ Bush green beans will be ready for harvest 50 to 60 days after sowing, while pole green beans will be ready for harvest 60 to 80 days after harvest.
- ◆ Green beans are ready to be picked when they begin to firm up, are straight and slender, and can be snapped off the plant. Pull them carefully to avoid damaging the plant.
- ◆ Over-mature beans are tough, stringy and bulging with bean seeds.
- ◆ Harvesting green beans is an ongoing task, so the plants need to be checked and beans picked two to four times per week to harvest the best quality beans and keep the plants producing well.

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EAT IT

INTRODUCTION

Christopher T. Sneed, PhD, Extension Specialist, Department of Family and Consumer Sciences

Hearty greens, sweet cherry tomatoes, savory green beans — nothing tastes better than food fresh from the garden.

Perhaps you have fond memories of your grandparents and their family garden, or maybe you once grew a garden but have since given it up for lack of time or space. Regardless, fresh veggies and herbs are within your reach thanks to this quick gardening and cooking guide.

This publication has been designed to help you grow and cook some favorite Tennessee produce. In this publication, you will find a series of fact sheets with easy to follow steps. For each item, you will find information for how to select the best seeds or plants, how to pick the right container for planting, how to care for your plants, and when and how to harvest at the peak of freshness. In addition, you will find cooking tips, nutrition facts, and storage guidelines.

Fresh produce is within your reach. All you need to do is get started. “Grow It, Eat It” can show you how.

If the place where you use SNAP benefits sells food-producing plants or seeds, you can use your benefits to purchase those items. Eligible items include seeds and plants that can be used in gardens to produce food for you and your family. Gardening soil, fertilizer, peat moss, and other gardening supplies cannot be purchased with SNAP benefits. (USDA, FNS. Policy Memo 2018-02. 1/16/2018.)

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EAT IT

CHERRY TOMATOES

*Kristen Johnson, PhD, RD, Assistant Professor and UT Extension Nutrition Specialist
Janie Burney, PhD, RD, Professor and UT Extension Nutrition Specialist
Lisa Fuller, MS, RD, LDN, UT Extension TNCEP/EFNEP Specialist
Department of Family and Consumer Sciences*

A green rounded rectangle with a dashed border and small star and circle icons. The text "Choose It" is written in a white, bold, sans-serif font.**Choose It**

Look for plump tomatoes with firm skins. They should be free from bruises and deep cracks and have a pleasant smell.

A blue rounded rectangle with a dashed border and small star and circle icons. The text "Store It" is written in a white, bold, sans-serif font.**Store It**

- ★ Hold tomatoes at room temperature because they lose flavor in the refrigerator.
- ★ Keep tomatoes dry to reduce decay.
- ★ Be sure the tomatoes do not touch raw meat, poultry, seafood or eggs and their juices.
- ★ Use within a few days for best flavor and nutrition.

A purple rounded rectangle with a dashed border and small star and circle icons. The text "Prep It" is written in a white, bold, sans-serif font.**Prep It**

1. Rinse tomatoes thoroughly in clean water. It is not necessary to use detergent. Do not use bleach.
2. Use a clean cutting board and utensils to slice or chop tomatoes.



Cook It

- 🔥 Roast: Place cherry tomatoes on a baking sheet and drizzle with olive oil. Roast at 450 F for 20-25 minutes or until tomatoes are blistered and beginning to burst.
- 🔥 Sauté: Heat one tablespoon of oil in a large skillet on medium-low heat. Add 2 pints of cherry tomatoes along with any desired flavorings like garlic or herbs. Cook the tomatoes for five to seven minutes, stirring occasionally, or until the tomatoes become tender and lose their firmness.
- 🔥 Flavor It: Add flavor to your tomato dishes with basil, oregano, thyme, garlic or balsamic vinegar. Add roasted or sautéed cherry tomatoes to pasta, chicken and fish dishes for extra flavor and nutrients.



Eat It

- * Tomatoes are low in calories and high in nutrients.
- * Tomatoes are an excellent source of vitamin C, which helps prevent you from getting sick and keeps your body's cells healthy.
- * Tomatoes are a good source of vitamin A. Vitamin A supports healthy vision and cell growth.
- * Tomatoes also help fight inflammation, heart disease and some cancers.

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EAT IT

BASIL

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 Janie Burney, PhD, RD, Professor and UT Extension Nutrition Specialist
 Lisa Fuller, MS, RD, LDN, UT Extension TNCEP/EFNEP Specialist
 Department of Family and Consumer Sciences
 Miranda Fulmer, UT Dietetic Intern*

Choose It

Pick fresh, green leaves that are not wilted. Avoid leaves that show signs of disease or mildew.

Store It

- ★ Snip off the ends of stems and place unwashed in a tall jar in a small amount of water. Keep leaves above the water line. Basil deteriorates quickly in the refrigerator. If you choose to refrigerate leaves, pat dry and place in a plastic bag or wrap with a clean paper towel to absorb moisture.
- ★ Store away from raw meat, poultry, seafood or eggs and their juices.
- ★ Prepare within a few days for best quality and nutrition.
- ★ Leaves can be frozen in airtight containers, freezer bags or dried.

Prep It

1. Rinse thoroughly in clean water. It is not necessary to use detergent. Do not use bleach.
2. Spread leaves on clean, dry towel and pat to remove water.
3. Use a clean cutting board and utensils to chop or slice.
4. Stack leaves together and roll lengthwise. Slice leaves crosswise using a sharp knife to make thin ribbons.



Basil is a popular herb that adds flavor to many foods. There are many varieties of basil.

- 🔥 Sweet basil is commonly used in pasta and Italian dishes. Sweet basil adds flavor to pesto and tomato sauces.
- 🔥 Holy basil, Thai basil and purple basil have a licorice flavor. Try these varieties in Asian dishes.
- 🔥 Cinnamon basil has a sweet, cinnamon flavor. Try cinnamon basil with fruits and in desserts and salads.
- 🔥 To substitute fresh herbs for dried herbs, substitute 1 tablespoon of fresh herbs for 1 teaspoon of dried herbs.
- 🔥 Flavor it: Crush fresh basil leaves to maximize flavor. Mix in fresh basil during the last few minutes of cooking to maintain flavor and color. Add fresh basil to chilled dishes like salads just before serving.



- * Basil is high in vitamin K, which helps with bone health and wound healing.
- * Basil is a great way to add flavor to dishes without added salt.
- * Basil is low in calories and salt.

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EAT IT

LEAFY GREENS

Examples: Beets, bok choy, chard, collards, kale, kohlrabi, mustard, spinach, turnip

Lisa Fuller, MS, RD, LDN, UT Extension TNCEP/EFNEP Specialist;

Kristen Johnson, PhD, RD, Assistant Professor and UT Extension Nutrition Specialist

Janie Burney, PhD, RD, Professor and UT Extension Nutrition Specialist

Department of Family and Consumer Sciences

Claire Martin, UT Dietetic Intern

Choose It

Look for leaves that are crisp and green.

Store It

- ★ Refrigerate unwashed greens as soon as possible.
- ★ Separate kohlrabi, beet and turnip greens from the bulb before storing.
- ★ Pat dry and place in plastic bags, wrap or a reusable container.
- ★ Keep greens away from raw meat, poultry, seafood and eggs or their juices. Place in the vegetable drawer if you have one.
- ★ Prepare within a few days for best quality and nutrition.

Prep It

1. Remove damaged and discolored portions.
2. Rinse thoroughly with clean water. It is not necessary to wash packages labeled “pre-washed” or “ready-to-eat” again, or to use detergent. Do not use bleach.
3. Pat greens with a clean towel to remove excess water.
4. Use a clean cutting board and utensils to chop or slice or leave small leaves whole. Remove tough stems if desired.



Cook It

- 🔥 **Steam-Sauté:** Heat 1 tablespoon of oil or butter in large skillet. Add 2 pounds of greens, and if desired add garlic, herbs or spices to the skillet. Cover and steam over medium-heat for about five minutes or until the greens are wilted and brightly colored. Remove the lid and continue cooking until any liquid evaporates. If desired, add fresh herbs or other flavorings.
- 🔥 **Blanch hearty greens** like kale and collard greens before sautéing. To blanch the greens, add them to 2 quarts of boiling water. Cook until the greens are just tender. Once the greens are tender, plunge them in cold water and drain before sautéing.
- 🔥 **Boil:** Boil 1 quart of water per pound of greens in a large pot. Add greens, cover and cook until tender. Cook tender greens like spinach, chard and beet greens for about 8-10 minutes. Cook hearty greens like kale, collard and mustard greens for about 20-25 minutes. Drain greens in a colander and press with large spoon to remove excess liquid. Add flavorings as desired.
- 🔥 **Flavor it:** Add garlic, nutmeg, balsamic vinegar, lemon zest, lemon juice, raisins or toasted almonds to greens for a punch of flavor.

Eat It

- * Greens are free of fat and cholesterol.
- * Greens are low in sodium and calories.
- * Greens are a good source of vitamins A and C, which can prevent you from getting sick.
- * Greens are a good source of fiber, which is healthy for gut function and helps with feeling fuller longer.
- * Greens are a good source of folate, which can help prevent a certain type of anemia and birth defects.
- * Greens are a good source of calcium, which is important for bone health.

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SWEET PEPPERS

*Janie Burney, PhD, RD, Professor and UT Extension Nutrition Specialist
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 Lisa Fuller, MS, RD, LDN, UT Extension TNCEP/EFNEP Specialist
 Department of Family and Consumer Sciences
 Alexandra Alford, Ruth Wooten, UT Dietetic Interns*

Choose It

Look for shiny, wrinkle-free skins that are firm and free from blemishes.

Store It

- ★ Place unwashed peppers in plastic bags, wrap or reusable container. Use a vegetable crisper drawer if you have one.
- ★ Store peppers so they do not touch poultry, seafood and eggs or their juices.
- ★ Use within a week for best quality and nutrition or freeze chopped peppers in airtight container or freezer bags.

Prep It

1. Rinse thoroughly with clean water. It is not necessary to use detergent. Do not use bleach.
2. Remove any areas that are soft or look damaged.
3. Pat dry with a clean towel.
4. Use a clean cutting board and utensils to chop or slice.
5. Cut around the stem, twist the stem and pull it out. Seeds should come out with the stem.



Cook It

- 🔥 Sauté: Heat 1-2 tablespoons of oil in a large skillet over medium-high heat. Add peppers and cook, stirring occasionally, for about five minutes or until the peppers begin to brown. Reduce the heat to low, cover and continue cooking for about four to five minutes or until peppers are tender. Add any desired flavorings.
- 🔥 Roast: Preheat oven to 425 F. Drizzle peppers with 1-2 tablespoons of oil and toss to coat evenly. Add coarsely chopped garlic, black pepper, red pepper flakes or other desired seasonings. Roast vegetables on the top rack of the oven, stirring once, for 20-25 minutes or until peppers are brown and tender.
- 🔥 Flavor it: Enhance the flavor of sweet peppers with black pepper, red chili flakes, garlic and cumin.

Eat It

- * Sweet peppers are a good source of vitamin C, which helps prevent you from getting sick.
- * Sweet peppers have fiber, which helps with gut health and feeling fuller longer.

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GREEN BEANS

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 Kristen Johnson, PhD, RD, Assistant Professor and UT Extension Nutrition Specialist
 Lisa Fuller, MS, RD, LDN, UT Extension TNCEP/EFNEP Specialist
 Department of Family and Consumer Sciences
 Mariana Rendon, UT Dietetic Intern*

Choose It

Look for crisp, brightly colored beans with no signs of decay or damage. Avoid beans with rust spots.

Store It

- ★ Place unwashed green beans in the refrigerator vegetable drawer.
- ★ Pat beans dry and store in a plastic bag or reusable container.
- ★ Store beans so they do not touch poultry, seafood and eggs or their juices.
- ★ Use within a few days for best quality and nutrition.
- ★ Freeze, can or dry green beans for longer storage.

Prep It

1. Wash green beans before eating or cooking, but not before storing.
2. Rinse thoroughly with clean water. Detergent is not necessary. Do not use bleach.
3. Snap off or cut ends if desired using a clean cutting board and utensils. Beans can be broken or cut into pieces or left whole. Remove strings.



Cook It

- 🔥 **Boil:** Bring 2½ quarts of water to a boil in a large saucepan. Add 1 pound of green beans and cook until tender, about five minutes. Drain well and add desired flavorings.
- 🔥 **Steam-Sauté:** Add ⅓ cup water, 1 tablespoon of oil or butter, 1 pound of green beans, and any desired garlic or dried herbs to a large, deep skillet. Cover and steam until green beans are just tender. Uncover and cook until the liquid evaporates (one to two minutes). Add fresh herbs, citrus juice and other desired flavorings and sauté for an additional one to two minutes.
- 🔥 **Flavor it:** Give your green beans a flavor boost with herbs and spices. Basil, cloves, marjoram, parsley, tarragon and sage enhance the natural flavor of green beans. Drizzle vinegar or lemon juice to cooked green beans for extra flavor.

Eat It

- * Green beans are low in calories, sodium and fat and are cholesterol free.
- * Green beans are a good source of vitamin C, which helps prevent you from getting sick and helps keep the body's cells healthy.
- * Green beans have fiber, which helps with gut health and feeling fuller longer.

This material was partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP) under an agreement with the State of Tennessee and partially funded by USDA's Expanded Food and Nutrition Education Program (EFNEP).



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