

# Green Beans

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Green beans, also known as snap beans or string beans, are grown for the pod and eaten immature. Bush snap beans are most popular because they do not require a trellis and mature early. Pole beans could have higher yield for the amount of space, however, they require trellising. Other types of beans are grown for their seeds rather than the pod, including lima and pinto beans.

## 🌱 Grow it

### Varieties

- Several snap, pinto, and lima bean varieties are recommended for planting in Texas.
- Popular varieties include TopCrop (bush), Blue Lake 274 (bush), Kentucky Wonder (pole), and Henderson (lima).

### Soil Preparation

- It is beneficial to incorporate an inch of compost into the planting area prior to planting.

### Planting

- In the spring, plant green beans only after the danger of frost has passed.
- In the fall, plant them 10 to 12 weeks before the first expected frost.
- Plant seeds 2 inches apart in rows 12 to 18 inches apart.

### Fertilizing

- After the plants begin to flower and set beans, apply ½ cup of 15-5-10 fertilizer or 1 cup of organic fertilizer for every 10 feet of row.
- Water the plants after fertilizing.

### Watering

- Water the plants about once a week in dry weather.
- Do not let the soil dry out while the beans are blooming or your harvest will be decreased.

### Care During the Season

- Remove weeds around the plant.

### Harvesting

- Green beans are ready to pick when they are about the size of a small pencil. The smaller beans are the most tender.
- Pull them carefully to avoid damaging the plant.

### Insects and Diseases

- Aphids and spider mites are common insect pests.
- Diseases may be a problem during cool, wet weather. Periodically check leaves and bean pods for spots.
- If something does not look right with your plant, contact your county Extension agent for more information.



Sun:  
Full



Soil:  
Well-  
drained



Planting:  
Warm



Harvest:  
Summer-Fall



Life Cycle:  
Annual



Container  
Friendly



## Buy it

- Choose fresh, well-colored beans that snap easily when bent.

## Store it

- Refrigerate green beans in a plastic bag. Use within 1 week.
- For canning and preservation instructions, visit [nchfp.uga.edu](http://nchfp.uga.edu).

## Use it

### Green Bean and Squash Salad

Course: Side Dish, Vegetables, Vegetarian  
Serves: 8

#### Ingredients:

##### Salad

- 2 cups fresh green beans, trimmed and cut in to bite-sized pieces
- 2 cups yellow squash, sliced and chopped
- ½ pint grape tomatoes
- ¾ cup red onion, finely sliced
- ¼ cup reduced-fat feta cheese, crumbled

##### Dressing

- 2 Tbsp olive oil
- ¼ cup lime juice, fresh squeezed
- ¼ cup fresh basil, washed and chopped
- 1 tsp salt
- ¼ tsp pepper

#### Instructions:

Make sure your cooking area, utensils, and hands are clean.

Clean, slice, and chop vegetables and place them in a large bowl. Add tomatoes and feta cheese to bowl.

Mix olive oil, lime juice, basil, and spices in a small bowl.

Pour over vegetables and mix well. Chill in fridge for 30 minutes before serving.

### One Dish Chicken Green Beans and Potatoes

Course: Main Dish  
Serves: 4

#### Ingredients:

- 4 medium-sized red potatoes, cut
- 2 cups fresh green beans, cut
- 1 lb chicken breast
- ¼ cup olive oil
- 1 tsp Italian seasoning blend

#### Instructions:

Cut green beans into bite-sized pieces.

Line one side of the pan with green beans.

Cut potatoes into bite-sized pieces.

Line the opposite side of the pan with the potatoes.

Line the chicken breasts down the middle of the baking dish.

Evenly distribute olive oil over the green beans, potatoes, and chicken.

Sprinkle Italian seasoning blend over the entire pan.

Cover with foil and bake for 1 hour at 350° F.

## Learn about it

- Green beans are low in calories and high in fiber, vitamin A, and vitamin C. They are free of fat, saturated fat, sodium, and cholesterol.

*Information gathered by Aggie Horticulture*

