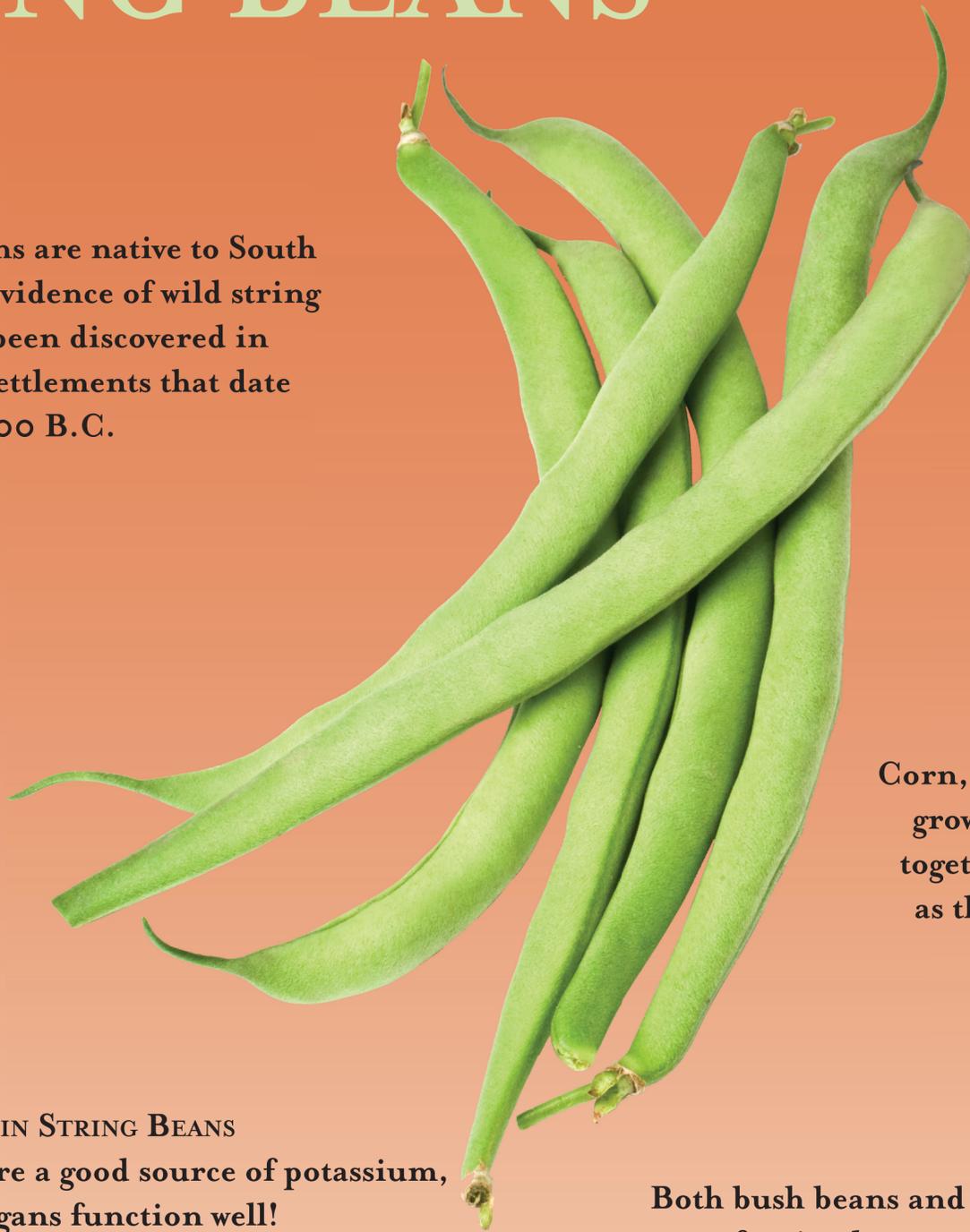


OREGON STRING BEANS

String beans are native to South America; evidence of wild string beans has been discovered in Peruvian settlements that date back to 8000 B.C.



Corn, beans, and squash grow well when planted together and are known as the “Three Sisters.”

NUTRIENTS FOUND IN STRING BEANS

- ~ String beans are a good source of potassium, which helps organs function well!
- ~ One cup of string beans delivers 30% of one’s daily requirement of vitamin C.
- ~ String beans are a good source of vitamin A, which helps your body maintain healthy skin.

Both bush beans and the climbing varieties of string beans were first introduced to Africa and Europe in the 16th century.



Beans are nitrogen fixers. This means that they draw nitrogen from the air and return it to the soil, which benefits other plants in the garden.



String beans describe many varieties of beans known as common beans, bush beans, pole beans, green beans, wax beans and more!



String bean pods can be green, yellow, or purple!

