



Kentucky Harvest of the Month

JUNE: GREEN BEANS

History

Green beans originated in Peru and spread to South and Central America through migrating Indian tribes. Spanish explorers introduced them to Europe in the 16th century and then to all parts of the world through trade.



Pole Beans

Pole Beans vs. Bush Beans

Pole beans grow vertically up to 6-8 feet tall! They need a trellis to support them and most pole beans are grown in home gardens. The beans can be harvested multiple times throughout the season. On the other hand, bush beans grow just as their name sounds - as a "bush" 1-2 feet tall. They produce all of their beans at once, which makes them easier to harvest mechanically, so most commercial bean production is done with bush beans.



Bush Beans

Fun Activities to do at Home

- Head to your local farmers market and pick up some fresh green beans. Take them home for a taste test and have your kiddos compare cooked beans, fresh (uncooked) beans, and canned beans.
- Grow green beans in plastic baggies in your window and have your kids draw observations of its growth (activity attached).
- Can green beans from your local farm to teach your kiddos how to preserve food for later enjoyment and enjoy delicious local beans year-round.
- Learn how a green bean grows with the Green Bean Life Cycle Cards (attached).
- Read *Green Bean! Green Bean!* by Patricia Thomas (or watch a reading of the book [here](#)).

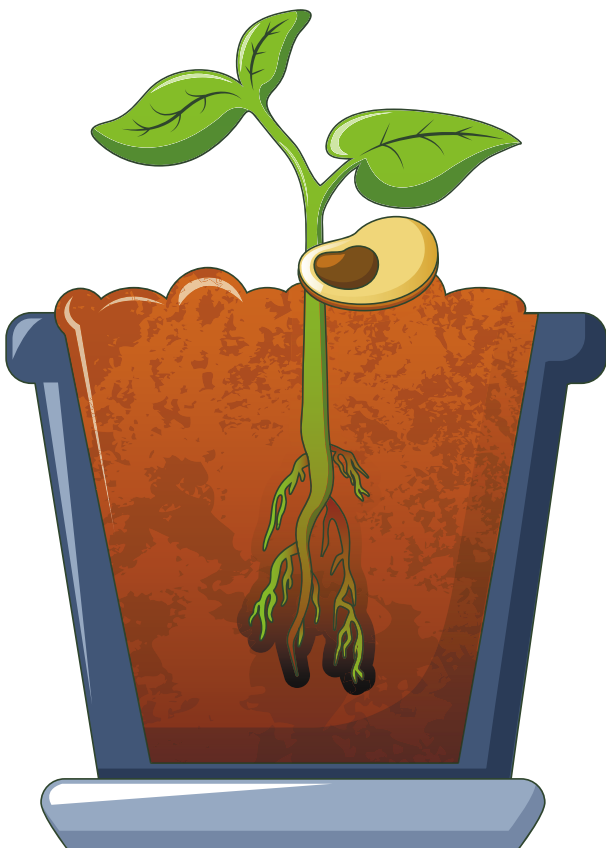


Did you know green beans grow in other colors, too?



Green Bean Life Cycle Cards

Cut out these cards and have your children arrange them in order of the life cycle of a green bean plant. Make the activity more challenging by having your child explain to you each step in the cycle.





Name: _____



Grow a Green Bean in your window!



Fold a paper towel into a small square and spray it with water until it is moist. Place a couple of seeds on top of (or in between) the towel and place them in a plastic bag. Hang them in a window, water if the paper towel gets dry, and draw your observations in the diagrams below!

Day _____

Today, the seed looks like this.

Day _____

Today, the seed looks like this.

Day _____

Today, the seed looks like this.

Day _____

Today, the seed looks like this.

Day _____

Today, the seed looks like this.

Day _____

Today, the seed looks like this.
