

Green, Snap, or Wax

Selecting green, snap, or wax beans:

- **When freezing:**
 - Select young tender pods when the seed is first formed.
- **When canning:**
 - Select filled but tender, crisp pods. Remove and discard diseased and rusty pods.

Health Benefits

Nutrition Facts			
Serving Size 3/4 cup cut beans (83g)			
Amount Per Serving			
Calories 20	Calories from Fat 0		
%			
		% Daily Value*	
Total Fat 0g		0%	
Saturated Fat	0g	0%	
Trans Fat	0g	0%	
Cholesterol 0mg		0%	
Sodium 0mg		0%	
Total Carbohydrate 5g		2%	
Dietary Fiber	3g	12%	
Sugars	2g		
Protein 1g			
Vitamin A	4%	Vitamin C 10%	
Calcium	4%	Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

Nutrition Benefits: Green and wax beans are fat free; saturated fat free; sodium free; cholesterol free; low calorie; good source of fiber; and a good source of vitamin C.

How to Store: Refrigerate green beans in plastic bag until ready to preserve. For the best quality can, freeze or dry as soon after harvest as possible. Use within 1 week.



Things you should know about packaging for freezing:

Packaging should:

- Be moisture vapor resistant
- Be durable and leak proof
- Not become brittle and crack at low temperatures
- Resist oil, grease and water
- Protect food from absorption of other odors and flavors
- Be easy to mark and seal

Rigid Containers:

These include hard plastic and glass. They are usually good for liquid packs. Rigid containers are often reusable and are easy to store in the freezer. Choose glass jars made for canning or freezing. If the glass jar has a narrow mouth, be sure to leave a little extra headspace for the expansion of foods when frozen. Lids should fit tightly. If they do not, seal with freezer tape.

Flexible Bags or Wrappings:

These types include flexible freezer bags, freezer paper, and heavy-weight aluminum foil. These are typically used for food with little or no liquids. Bags are available in a variety of sizes and come with different seals such as zippers or ties. Regardless of the type, when sealing press to remove as much excess air as possible.

How to Freeze Green, Snap, or Wax Beans

Preparation: Select you tender pods when the seed is first formed. Before freezing, wash the beans in cold water, snip the ends, and cut into 2 to 4-inch lengths.

Freezing: Water blanch* 3 minutes. Cool promptly, drain and package. Leave 1/2 an inch headspace. Seal tightly and freeze.

***Blanching:** Place item into boiling water for a specific amount of time, remove and immediately place in ice water to halt the cooking process. This helps to ensure a safe and crisp end product.

Drying Green or Wax Beans

Select beans at peak flavor, and of excellent eating quality, green peas however, should be slightly immature so they retain their sweet flavor. Before drying blanch beans in boiling water to enhance quality and safety of the end product. For best results dry beans using a dehydrator, or oven (electric or gas). Dehydrators work by blowing hot air onto the vegetable, where as ovens use a low heat temperature (140-150 degrees F) over a long time period to dry produce. When produce is nearly dry, open the oven for about an hour to allow excess moisture to escape.

- **Dehydrator Drying:** thermostatically electric dehydrators are recommended. These work by blowing warm air over food until it dry. These should be used in a well-ventilated room.
- **Oven Drying:** Either gas or electric oven can be used, if the oven can be set at 140°F. If not, the food will cook instead of dry. Preheat oven to 140°F. Maintain that temperature throughout the duration of the drying process, using an oven thermometer placed near the food to do so. For air circulation, leave the oven door propped open two to six inches. A fan outside the oven near the door will improve circulation. When drying is nearly complete, turn off heat and open oven door wide for and additional hour to allow excess moisture to escape, drying times in a conventional oven could be up to twice as long as those in a dehydrator.

To Dry Green or Wax Beans: Wash, and cut into pieces of strips. Water blanch 2 minutes, and then dry for about 8-14 hours in a dehydrator until very dry, and brittle.

Things you should know about canning:

General Information:

- Carefully select and wash the food you are going to can.
- Usually fresh foods should be peeled.
- Use jars made specifically for home canning and two-piece lids.
- Process jar in pressure canner for the correct period of time. Correct for altitude if required.

Doing this maintains quality, nutrition and helps keep food from spoiling or causing food-borne illness.

Adjusting for altitude:

- The higher the altitude, the lower the temperature in the canner. That can result in underprocessing and higher risk of spoilage and foodborne illness.
- If you can food at an altitude over 1000 feet you need to adjust for altitude.
- Find the altitude for your county seat by checking a State of Oklahoma map.
- Be sure to include the altitude information when determining processing times.

Recommended Canning Jars:

- Regular, and wide mouth Mason type jars with tight sealing lids are ideal. These come in a variety of sizes.
- Before using, clean jars with hot water and soap and rinse well. To sterilize, put jar right side up on the rack in boiling-water canner. Fill jar with hot water to one inch below top of jar, and boil for 10 minutes at altitudes of 1,000 ft. If above 1,000 ft boil 1 extra minute for each additional 1,000 ft.
- Seal lids tight. Once sealed, do not try to re-tighten the lids. As the contents in the jars cool, this will suction the lid to the jar.

How to Can Green, Snap, or Wax Beans

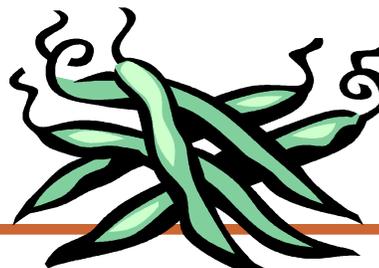
Quantity: An average of 14 pounds is needed per can loader of 7 quarts; an average of 9 pounds per canner load of 9 pints.

Quality: Select filled but tender, crisp pods. Remove and throw out any diseased and rusty pods.

Procedure: Wash beans and snip the ends. Leave whole or cut into 1-inch pieces.

- **Hot Pack:** Cover beans with boiling water; boil for 5 minutes. Fill jars loosely with beans and cooking liquid, leaving 1-inch headspace. Add 1 teaspoon canning salt per quart jar, if desired. Pop bubbles, wipe rims, add prepared two-piece lids and process as directed on table on page 4 according to the type of canner being used.
- **Raw Pack:** Fill jars tightly with raw beans: leaving 1-inch of headspace. Add 1 teaspoon canning salt per quart jar, if desired. Add boiling water, leaving 1-inch headspace. Pop bubbles, wipe rims, add prepared two-piece lids and process as directed on table on page 4 according to the type of canner being used.

Note: There is no safe option for processing green beans in a boiling water canner.



Recommended process time for Snap and Italian Beans in a dial-gauge pressure canner.

			Canner Pressure (PSI) at Altitudes of:			
Style of Pack	Size of Jar	Process Time	0-2,000 ft	2,001-4,000 ft	4,001-6,000ft	6,001-8,000ft
Hot	Pints	20 min	11 lb	12 lb	13 lb	14 lb
	Quarts	25 min	11	12	13	14

Recommended process time for Snap and Italian Beans in a weighted-gauge pressure canner.

			Canner Pressure (PSI) at Altitudes of:	
Style of Pack	Size of Jar	Process Time	0-1,000 ft	Above 1,000 ft
Hot	Pints	20 min	10 lb	15 lb
	Quarts	25 min	10	15

For more information about food preservation contact your local county cooperative extension office. To locate contact information for your county visit: <http://www.oces.okstate.edu/> and select county office directory on the left hand side. You can also visit the National Center for Home Food Preservation at www.uga.edu/nchfp/

Adapted for Oklahoma by Dr. Barbara Brown, associate professor of nutritional sciences, food specialist for Oklahoma Cooperative Extension Services; Claire Grady, graduate research assistant. Information extracted from National Center for Home Preservation at www.uga.edu/nchfp/



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