Beans

**About the veggie:** Beans belong to the third largest family of flowering plants (after the orchid and daisy families). They are members of a group of plants called legumes which also include peas, peanuts, soybeans, and fava beans.

**Nutrition:** A one-cup serving supplies a hefty dose of vitamin C, fiber and vitamin K. Eaten raw as a crunchy snack or steamed until just tender, various varieties of string beans also add vital minerals to the diet such as potassium, magnesium and copper.

**Harvest:** The pod surrounding the beans becomes dry and brittle as it matures which is why beans are usually harvested and eaten when immature.

**At the market:** Good quality green beans are difficult to find because they are one of the most fragile vegetables. They have very active tissues which consume sugar quickly thus affecting their sweetness even in cold storage. Once picked the most tender varieties become wrinkled and limp because they lose moisture and sugars.

**Did you know?** Beans have one of the highest statuses of vegetables in history! Four of the most famous families in ancient Rome were named after legumes: Fabius (fava bean), Lentulus (lentil), Piso (pea) and Cicero (chickpea).

Squash

**Etyymology:** Squash comes from a Narragansett Indian word meaning “a green thing eaten raw.”

**About the veggie:** Squash are part of the cucurbit family, which includes melons, winter squash and summer squash. Most members of the cucurbit family produce a type of berry called a pepo which is a mass of tissue filled with seeds and covered by a protective rind.

**Health:** Squash are high in beta carotene and folic acid, and also have moderate amounts of vitamin C.

**In the kitchen:** Summer squash like zucchini are sweetest when picked young, and will keep for a few weeks when stored at temperatures between 45-50°F.

Beans are self-pollinating, so planting them close together results in higher yields.

Growing squash alongside legumes provides the squash with an extra boost of nitrogen.