Gary Crawford: [00:00:00] And now. A musical tribute to our spotlight food for today.

[00:00:05] [Music Plays]

Gary Crawford: [00:00:09] Green beans in particular but of course they have a lot of aliases.

Laura Popielski: [00:00:13] Oh surely they do you might have heard of string beans or pole beans or bush beans snap beans all the same thing.

Gary Crawford: [00:00:20] Are our bean counter today Laurie Popielski with the Agriculture Department's Marketing Service and we are.

Laura Popielski: [00:00:26] You're being very, you "bean" good?

Gary Crawford: [00:00:28] Yeah I "bean" good. OK. We are who we're out here at the department's Washington D.C. farmer's market Laura's telling everybody about the serious subject of green beans and that will be.

Laura Popielski: [00:00:38] You know a what kind of bean you can't grow in a garden?

Gary Crawford: [00:00:40] No.

Laura Popielski: [00:00:40] A jellybean.

Gary Crawford: [00:00:42] Yeah ok.

Laura Popielski: [00:00:43] I knew you'd like that. I got a few more jokes for you.

Gary Crawford: [00:00:46] Well You know space them out a little bit Laura too much hilarity at one time you know. So back, to green beans. When we're buying fresh ones at the store anything we need to look for?

Laura Popielski: [00:00:54] Make sure that there's not any signs of decay. Brown spots are sure shrivelly.

Gary Crawford: [00:00:59] They just wanna be nice and crisp and firm and keep them that way until we're ready to use them. It's best to keep them in the refrigerator right. Also what?

Laura Popielski: [00:01:06] Cover them in a loose plastic bag. You just want to make sure that there's enough air going in and out of the bag just in case there's some moisture because the moisture will make the green beans go bad faster.

Gary Crawford: [00:01:16] No there's nothing worse than green beans gone bad.

[00:01:21] Oh no. I was afraid of this.

Laura Popielski: [00:01:25] Bad the bean.

Gary Crawford: [00:01:27] Those beans should stay good for about a week in the fridge. Laura says that we can also freeze them.
Laura Popielski: [00:01:33] But you need to blanch them first. Put them and have boiling water for about three or four minutes and then throw them in cold water and then you can put them in an airtight bag.

Gary Crawford: [00:01:44] And they'll keep in there for about a year. Now earlier we called you, Laura, our bean counter and we've also heard that term don't spill the beans. Well both of those phrases come from ancient Greece. And the way they would cast votes for or against something putting black or white beans in a jar the person who counted the votes literally a bean counter.

Laura Popielski: [00:02:02] Really.

Gary Crawford: [00:02:02] Yeah. And if somebody spilled the beans accidentally or on purpose in the voting results will be known early cause somebody spilled the beans pretty good.

Laura Popielski: [00:02:11] No beans about it.

Gary Crawford: [00:02:13] Let's get back to our green bean pod cast.

Laura Popielski: [00:02:16] Oh you're so funny.

Gary Crawford: [00:02:18] Yeah funny is a cry for help. So Laura give us something a little different we can do with green beans.

Laura Popielski: [00:02:23] I make them into green bean French fries. So I roast them with a little salt and pepper and olive oil put them in a shallow pan like a cookie sheet and bake them for about 20 minutes at 400 degrees Fahrenheit. Flip them over about halfway through and they kind of feel like green bean French fries.

Gary Crawford: [00:02:39] Kind? Ok for more great ways to use the over 130 varieties of green beans. Go online search for what's cooking. You ask what's cooking USDA. Laura any final words? Oh no hear it comes.

Laura Popielski: [00:02:50] Bad to the bean.

Gary Crawford: [00:02:52] Yeah I was afraid of that again. Gary Crawford reporting well trying to. For the U.S. Department of Agriculture.