

HARVEST

{Of the Month}



GREEN BEANS

Fast Facts

- ✓ The green bean plants originated from Peru, but can be found all around the world today. People have cultivated and eaten green beans for at least 7,000 years.
- ✓ There are at least **130 different kinds of beans**. Most are green, but some are purple, yellow, or even spotted. Have you tried a different colored green bean? If so how did you like them? Share with us on social media using the **#MDKidsEatLocal!**
- ✓ Green beans are a tasty healthy side to any meal. They're a **good source of vitamin A, Vitamin C, and folate**.



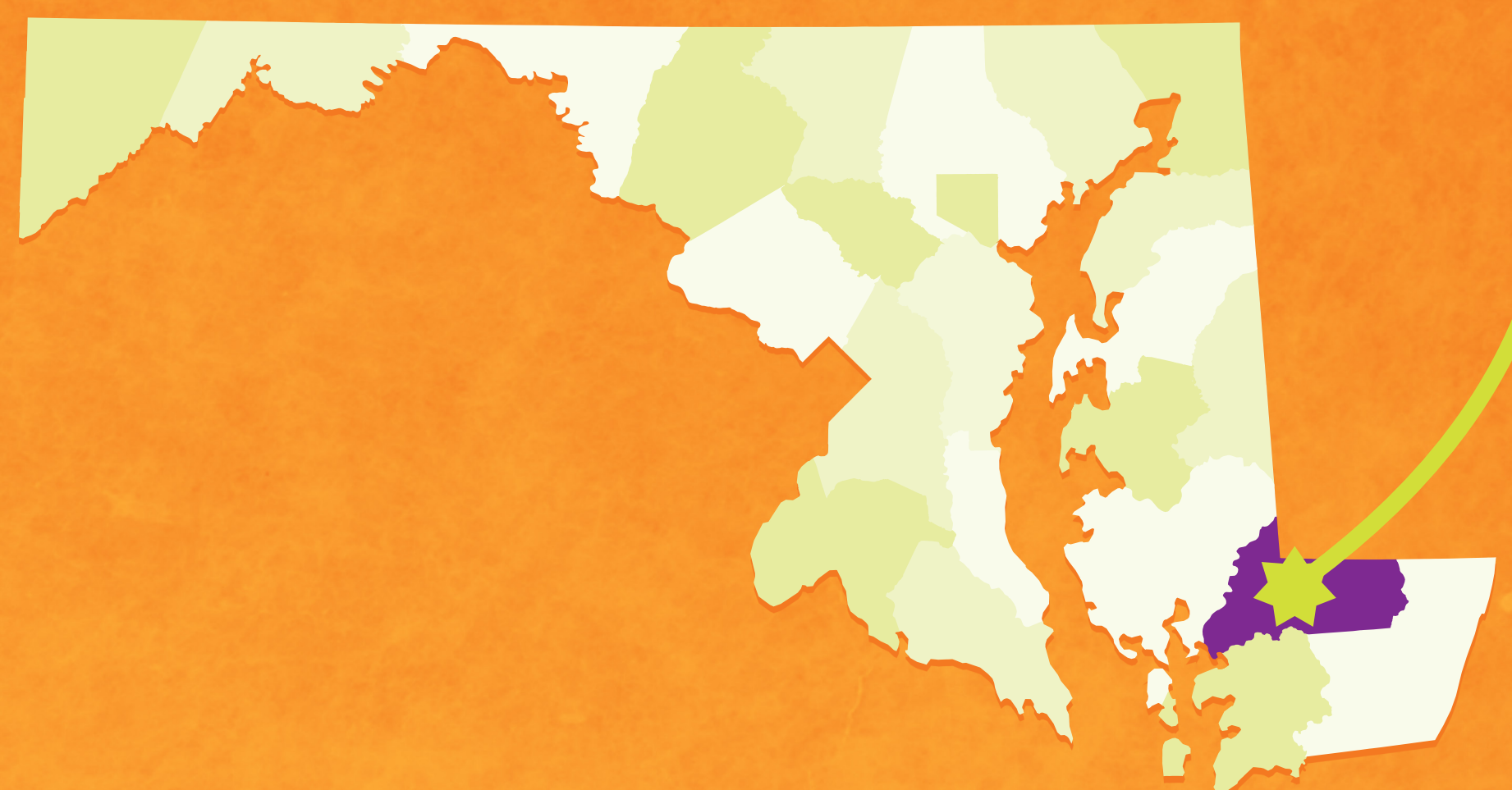
Featured Farm

WRIGHTS MARKET
WICOMICO COUNTY

For more than 60 years, the Wright family has provided the local community (and vacationers) with superior agricultural products. Check out the familiar landmark with the windmill and goats along Route 50 in Mardela Springs. You may even see the farm's vegetables in school lunches!

Availability

JUNE - SEPTEMBER



MARYLAND DEPARTMENT OF AGRICULTURE
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