



Gleaning Beans



Did You Know?

16.7% or 1 in 6 of New Jersey residents face food insecurity. Food insecurity is "the state of being without reliable access to a sufficient quantity of affordable, nutritious food." If you are in need of food, you are not alone. Farmers Against Hunger works with over 70 community organizations serving those in need including food banks, soup kitchens and pantries.

Nutrition Facts: 1 Cup Beans, **Protein:** 2 g, **Fat:** 0.22 g, **Carbohydrates:** 7 g, **Fiber:** 2.7 g, **Sugar:** 3.3 g, **Calcium:** 37 mg, **Magnesium:** 25 mg, **Potassium:** 211 mg, **Vitamin C:** 12 mg

Source: USDA National Nutrient Database for Standard Reference; release 27

Recipe: *Green Beans with Pancetta*

Season: *Spring/Summer*

Ingredients: 1 ½ pounds green beans, ends trimmed, 4 oz chopped pancetta, 2 small shallots, thinly sliced, salt and pepper to taste

Instructions: 1. Fill a large bowl with ice cubes and cold water (ice bath). 2. Bring a large pot of water to a boil. Add the green beans and cook 4 minutes, or until bright green and crisp-tender. Drain and immediately add beans to ice bath to stop cooking. When the beans are cold, drain again. Set aside. 3. Add pancetta to a skillet over medium heat and cook until crispy. Remove the pancetta and set aside. 4. Add the shallots to the pancetta fat and cook until golden, 8 to 10 minutes. Add pancetta and green beans to the skillet and heat through. Season with salt and pepper to taste. Enjoy!

Fun Facts:

- ★ Green beans belong in the legume family.
- ★ Green beans originated in Peru.
- ★ Beans can also be red, purple, yellow and spotted!
- ★ Green beans are a very popular garden plant because they are easy to grow!

Source: www.SoftSchools.com/facts/plants/green.bean.facts/666

For more information on **Farmers Against Hunger** and **NJ Agricultural Society**,
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