

## Colorado Harvest of the month for October... Green Beans



Green beans are often referred to as *string beans* because historically there was fibrous string that ran along the seam of the bean pod. The string was visible when snapping off the end of the pod, which therein made a snapping noise giving reason for its other common nickname, *snap* beans. However in 1894, Botanists found a way to remove the string through breeding and thus cultivated the first string-less bean plant. Today, nearly all edible pod beans are grown without strings.

There two main types of beans, edible pod beans and shell beans. Green beans and are the most common edible pod bean sold in the U.S. The pod color of green beans can vary from green to golden, purple, red or streaked. But no matter the color of the pod, the color of the beans within the pod will always be green, staying true to the green bean name.

In being a green veggie, green beans are chalk full of nutrients. One cup of raw snap green beans provides:

- Thirty percent of the recommended Daily Value (DV) for Vitamin C
- A good source (15% DV) for fiber and Vitamin A.
- Many essential vitamins and minerals

Green fruits and veggies help maintain vision health and also help sustain strong bones and teeth. They may also lower the risk of some cancers. No matter what name you refer to them as, green beans will always be identified as healthy and wholesome.

Source: [www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html](http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html)  
[www.sde.idaho.gov/site/cnp/ffvp/fruit\\_veg/Green%20Bean.pdf](http://www.sde.idaho.gov/site/cnp/ffvp/fruit_veg/Green%20Bean.pdf)

## Physical Activity Topic for October...Basketball

Basketball is another great sport that can be played alone or with friends or family! Playing a game of basketball requires a lot of running which works out your legs, but it can also be a good workout for your arms!

Because it does involve running up and down the court, be sure to warm up and stretch before you play. You can do a couple laps around the court, or practice your dribbling and layups to warm up. Remember to stay hydrated while playing and have a snack beforehand to make sure you have enough energy for this rigorous sport.

To enjoy this sport, grab a few friends or family members and start a game! Split your group into two teams to play a regular game. You could also play a game of H-O-R-S-E, where the first player picks a spot on the court and takes a shot. If they make their shot, then the second player must attempt that shot from the same spot. If the second player makes the shot they are safe, but if they miss then they are assigned a letter – 'H' is the first letter of horse. If the second player makes their shot or if the first player misses their shot, then the players switch off and the second player is now the lead shooter. The goal is to not be the first player who spells out horse! This game can be played with two or more players.

If you don't have any friends to play with at the moment, you can always practice shooting by yourself. Try shooting a three-point shot or shooting backwards! The more practice you get, the better you can become at shooting.

For a fun way to stay active this October, try playing basketball!

Source:  
<http://www.cdc.gov/bam/activity/cards/bicycling.html>

