Beans: String, Flat & Lima

We grow string beans in 3 colors: green, yellow (wax) & the ever-popular purple. We also grow Italian flat beans (they're long but flat), which have a subtly different taste from green string beans. String & Italian beans are among the most versatile of vegetables. Steam, sauté or stir-fry, add to soups or casseroles, or add fresh (or lightly blanched) beans to salads. These beans can also be pickled, or marinated in vinegar & oil to make 3-(or-more)-bean salad!

Lima beans: These come later in the summer; wait for the pods to get plump with the beans inside them. Shell the beans out of the pods, & cook the fresh beans or dry them for later use. A dish of limas by itself is delicious; some folks use limas to make succotash or other corn / bean medleys.

(above, left: just-picked Italian flat beans; center: green string beans up close, & the multi-color string bean array at market; right: lima beans growing, & pods with full-sized beans)