Gg

Green Beans:

- Legumes have nitrogen fixers on their roots (process by which nitrogen in the air and soil is converted so plants and animals can use it).
- There are more than 130 legume varieties.
- Why is nitrogen important? It is in our cells as 1. amino acids, 2. protein, 3. DNA. Plants need nitrogen to make chlorophyll which is used in photosynthesis.
- In 1894 Winogradsky isolated a nitrogen fixing bacteria.
- When green beans are combined with grains, they form a complete protein (rice, corn, nuts, wheat, or seeds).
- Soybeans are also a legume and the only common plant food containing complete protein.
- Green beans are cheaper than animal protein and a good substitute.
- They promote a good digestive track
- Are rich in Vitamins A, C, K, and have high amount of chlorophyll for your health
- Rich in Iron like spinach and pumpkins

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