

FRENCH BEANS



L E T ' S G R O W S O M E T H I N G S P E C I A L

French beans are also known as Haricot Vert, French for green bean. These slender beans have a smooth, velvety flesh with no strings. They grow to lengths of 4 to 5 inches with a color ranging from light to dark green depending on variety.

French beans are favored by chefs for their exceptional flavor. Their unique appearance makes for an elegant presentation.

Guatemala is one of the largest producers of French beans in the world. Here, each bean is picked by hand and packed in neat rows. Most chefs serve these beans with the tips left on for presentation. The stem end is clipped before preparation. We offer pre-clipped French beans for those who want the convenience.



RECIPE

FRENCH BEANS WITH SHALLOT DRESSING

1 1/2 lb. Southern Selects French Beans, trimmed
3 tbs Extra-virgin olive oil
2 tsp Dijon mustard
2 tsp white-wine vinegar
1 shallot, minced

Steam beans until just tender, 3-8 minutes. While beans are steaming, whisk together remaining ingredients. Salt and pepper to taste. Toss beans with dressing.

Serves 6

SELECTION

Look for beans that are clean with a smooth tender skin. Color is not a good gauge of freshness as there are different varieties. Check for crispness by snapping the beans. Avoid beans that show wrinkling or pitting.

PREPARATION

French beans are best when cooked briefly and served crisp. They can be steamed or boiled in a small amount of water for the shortest time possible. Keep the pan uncovered to maintain the bright green color. French beans can also be sautéed in butter or olive oil. As with the other cooking methods brief cooking is best. Add fresh herbs, garlic, shallots or other seasonings while sautéing to enhance the flavor.

AVAILABILITY

Available all year

PACKAGING (WEIGHT)

5 lb. box, 6 Oz. tray

SHIPPING INFO (CASE PER)

| | |
|---------------|------------------|
| 5 lb. case | |
| Pallet | 200 |
| E container | 58 |
| 6 oz. tray | |
| 16 units/flat | 120 units/pallet |

STORAGE / HANDLING

Temperature 42-45 F
Humidity 90-95%
Ethylene sensitive

Nutrition Facts

Serving Size 2/3 cup (85g)
Servings per container about 2.5

| Amount/Serving | |
|------------------------|------------|
| Calories 25 | Fat Cal. 0 |
| %Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 5mg | 0% |
| Total Carb. 6g | 2% |
| Fiber 3g | 12% |
| Sugars 2g | |
| Protein 2g | |

Vitamin A 10% • Vitamin C 25%
Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet



Southern Selects is the premium brand from Southern Specialties. All french beans packaged under the Southern Selects label come with Third Party Certification. These french beans are grown and packaged in a sanitary environment that exceeds the strictest guidelines in the industry. Southern Selects snow peas are harvested and carefully classified before the calyx and tail are removed for added value. This provides the consumer the best product available in the marketplace.

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