

Long Bean



Common Culinary Name:

Long Bean
Chinese Green Noodle
Yardlong Bean
Asparagus bean

Botanical Family & Name:

Fabacea family *Vigna unguiculata*

Vegetative Description:

These beans are similar to asparagus (hence the name) in texture and flavor and provide quite the array of nutrition benefits: They're a great source of vitamin C, folate and magnesium. Yardlong beans are also a good way to get more protein, vitamin A, iron and potassium into your diet.

Culinary Uses:

Usually sautéed or eaten raw.

Native Habitat & Ecology:

It tends to need a lot of sun and room to grow. It is best to let the vines grow and expand on a standing agent, such as a metal fence. This will allow the long beans to freely hang down as they grow.

Tasting Notes:

Mild taste like green beans.

General Packaging:

Priced by pound. Sold to stores in bulk by the pound, and delivered in boxes.

Price sold in stores:

Priced per pound. Some may sell it in bags that have already been weighed and priced. Others are picked and weighed by a certain amount per pound.

