

Chinese Long Beans

Look: Chinese long beans are slender and about the width of a pencil and come in light and dark green shades.

Taste: Chinese long beans have a mild grassy taste, but once cooked they develop a savory taste.

Touch: Chinese Long Beans snap easily when bent in half and have a smooth and firm surface.

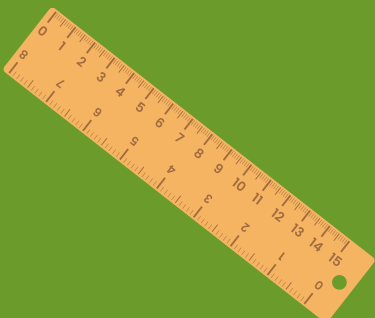


Most Chinese Long Bean pods contain 8-20 seeds!



Did you know?

Chinese Long Beans are also referred to as “year-long beans” because they can grow up to a yard in length!



Nutritionals

