

Bean, Runner

Butler, Enorma Elite, Painted Lady

Vegetable

PLANT



Sow seed 3cm deep in pots or rows. Thin or transplant to 15cm apart in double rows 30cm apart. Choose deep fertile soil and sheltered site

GROW



Water plants when pods are swelling (if dry weather). Mulch to conserve moisture. Make sturdy frameworks to support growth (eg wigwams from bamboo canes)

EAT



Cut 15-20cm long pods every 2-3 days (longer pods are tough and stringy). Pick thoroughly as any ripe pods left on the plant will stop production

Growing guide

Easy!

Average time to harvest

10-14 weeks

Equipment needed

Canes, mulch (eg compost)

Germination time

7-14 days

Average plant size

2.5m tall, 30cm wide

Family group to grow with

Legumes: French beans, peas

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Vitamin C, folate

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D
			■	■	■						
				■	■			■	■		

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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