

Bean, Broad

Suggested varieties: *Bunyards Exhibition, Express, The Sutton*

Vegetable

PLANT



Sow seed 2cm deep in pots or rows. Thin or transplant to 20x30cm apart. Sow every three weeks for a continuous crop. Choose sunny site

GROW



Water plants when the pods are swelling (if dry weather). Remove weeds and stake if needed. Pinch out shoot tips to deter black fly

EAT



Regularly cut pods when 8cm long for using whole. For 'shelling', wait for the seeds to start showing through the pod

Growing guide

Easy!

Average time to harvest

12-16 weeks (spring sown)

Equipment needed

Stakes, twine

Germination time

7-14 days

Average plant size

75cm tall, 30cm wide

Family group to grow with

Legumes: *French beans, peas*

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Fibre, 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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