

Field beans



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Suggested species: *Vicia faba* (botanical name)

PLANT



Sow seed 2cm deep 10cm apart; rows 15cm apart. Grow in same area (rotation) as other legume plants (eg beans). Prefers heavier clay soil

GROW



Establishes quickly. Will fix nitrogen (plant nutrient) in roots, feeding the next crop after digging in. Don't grow to harvest beans as this takes nitrogen away

DIG



Cut down or hoe off leaves before digging in whole plants four weeks before soil needed and before flowering (when plants are about 30-45cm tall)

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

■ Cut down/dig in

Growing guide

Easy!

Average growing period

From 20 weeks

Equipment needed

None

Germination time

7-14 days

Average plant size

30-45cm tall, 20cm wide

Family group

Legumes: beans, peas

Seed saving group

I - Annual, self-pollinating

Key nutritional content

Not eaten

2.5cm = 1 inch 30 cm = 1 foot