

# Bean, French

## Vegetable

Suggested varieties: *Purple Queen*, *Speedy* (dwarf); *Helda*, *Neckar Queen* (climbing)

### PLANT



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

### GROW



Water plants when the pods are swelling (if dry weather). Support dwarf plants with twiggy sticks and climbing with wigwams from bamboo canes

### EAT



Cut pods when they cleanly snap in half. Pick every 2-3 days. For dried beans, leave pods to go brown and hang the plant upside-down to dry in a shed

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

### Growing guide

Easy!

### Average time to harvest

8-12 weeks

### Equipment needed

Canes, twiggy sticks, twine

### Germination time

7-14 days

### Average plant size

60cm tall (dwarf); 2m (climbing)

### Family group to grow with

Legumes: broad beans, peas

### Seed saving group

I - Annual, self-pollinating

### Key nutritional content

Folate, vitamin C

2.5cm = 1 inch 30 cm = 1 foot

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