

# Key Card Food Growing Instruction Cards

See the booklets for growing techniques (Bronze, Silver and Gold)

Including pest and disease control, crop rotation, seed saving, fruit pruning, thinning seedlings and more

## Bean, Broad

Vegetable



### The aim

Typical plants and harvests

### A selection of plants

With suggested varieties to get you started, all suited to school growing

### Growing instructions at a glance

Plants need general care like weeding, watering, hardening-off, etc

### Growing calendar

Typical timings for term-time, but do experiment with different varieties and cold protection. Also adjust for local weather conditions; like the further north you are, the later the last frost is likely to be

## Bean, Broad

Suggested varieties: Bunyards Exhibition, Express, The Sutton

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

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

2.5cm = 1 inch   30 cm = 1 foot

Just the facts

See next key card for details

# Key Card *Food Growing Instruction Cards*

Vegetable

Edible Flowers

Fruit

Herbs

Green Manures

} Tabs

Average time to harvest  
*32-40 weeks*

Equipment needed  
*Mulch (eg compost)*

Germination time  
*7-12 days*

Average plant size  
*20-30cm tall and wide*

Family group to grow with  
*Brassica: broccoli, kohlrabi*

## Facts and figures

To help plan planting and equipment needed.  
The heading 'Germination time' changes to 'When to prune' in instructions for fruit crops

## Growing plants in different locations each year in 'crop rotation'

Avoiding plant nutrient deficiencies and build up of soil pests and diseases

## Guide to how easy something is to grow, eg

- likelihood of pest and diseases
- extra growing techniques, such as pruning
- difficult germination
- special soil needs
- extra cold protection
- etc...

### Growing guide

*Easy!*

### Growing guide

*Give it a go...*

### Growing guide

*Trickier*

# Key Card Food Growing Instruction Cards

See the four glossary cards for definitions of gardening terms

Seed saving group

4 - *Biennial, needs isolation*

Key nutritional content

*Vitamin C, vitamin A, folate*



## Keeping healthy

Major nutrients per 100g servings; nutrients arranged in highest content first (see Silver and Gold booklet for details)

### Group 1: Annual, self-pollinating

Plants grow from seed, flower, and produce seed in one year. They don't 'cross' (produce a mix) with similar plants

### Group 2: Annual, can cross-pollinate

Plants grow from seed, flower, and seed in one year, but they can cross with similar plants and may produce a mix

### Group 3: Annual, needs isolation

Plants grow from seed, flower, and seed in one year, but can cross with similar plants and are likely to produce a mix. Isolate from others by distance or barriers to maintain a variety

### Group 4: Biennial, needs isolation

Plants grow from seed in one year and flower the next. Most will cross with similar plants nearby. Isolate from others by distance or barriers to maintain variety

### Group 5: Specialist or not applicable

Plants need expert techniques or are 'propagated' (multiplied) by non-seed methods (cuttings, division, and tubers)