

Gourmet Vegetables

Green Beans

Feed the Family



Pole & Bush (Phaseolus vulgaris)

Bush Bean Varieties stand erect without support. They yield well and require the least amount of work. Green bush beans were formerly called "string beans" because fiber developed along the seams of the pods. Plant breeders have reduced these fibers through selection and green beans are now referred to as "snap beans."

Blue Lake Crop matures all at once, simplifying canning and freezing. Dark green pods are 5 1/2 inches long and so succulent. Huge yields, great taste, and reliability. Easy and trouble-free, even for the new gardener. For best harvest, succession-plant every 3 weeks or so from early spring till late summer (avoiding the worst summer heat in warm areas). Hardier than pole beans, bush snaps can be direct-sown after all danger of frost. (58 days to harvest; plump, tender pods; slow-developing seeds; resistant to bean mosaic). Blue Lake beans are actually green in color with white seeds and green foliage.

Blue Lake Beans are tender and round with straight, tender and stringless pods around 6in/15cm long. These bush beans are just as prolific as runner beans but take up less space and are more compact. Beans Henderson is a beautiful, easy to grow variety. Each pod will contain 3 to 4 bean seeds, and the pods are great for canning or freezing. The

Henderson Bush Lima Bean is a hardy lima bean that can grow during the heat of the summer. A perfect staple of your vegetable garden!

These delicate French filet beans are no longer a luxury item found only in gourmet restaurants. You can enjoy their superb, tender flavor fresh from your garden all summer long. The pencil-thin, slender beans. Steamed or sauteed and enjoy.



ROWTH

Beans grow best in moist, sandy soil with moderate fertilization and full sunlight. The plant itself grows to a height of 1.5-2ft/46-60cm.

Pole Bean Varieties climb supports and are easily harvested because they use vertical space, they free up the horizontal rows in the vegetable garden for other varieties while bearing abundant harvests.

Blue Lake 65 days to harvest; oval, straight, stringless, juicy and tender pods; resistant to bean mosaic.

Kentucky Wonder 65 days; fine flavor, 9 inch pods in clusters.

Kentucky Blue Bean was developed from two of the more popular varieties of beans; the **Kentucky Wonder** and **Blue Lake**, Pole, garden beans (hence the name Kentucky Blue). The **Kentucky Blue** bean are vigorous and heavy-bearing and mature earlier than its parents, taking approximately 60 days to mature. Many gardeners prefer pole beans for their distinctive "beany" flavor. They're easier than bush

beans to harvest as well. Direct-sow after all danger of frost, and for best harvest, keep sowing at 3-week intervals until late spring. For fall crops, begin in late summer and continue until a month or so before first frost date. Support the 5- to 8-foot vines on a trellis, tower, or poles spaced 3 feet apart.



SES

Beans are a very nutritious vegetable and is great as a part of any healthy diet and are packed with vitamins and minerals, making them a great addition to any healthy diet. It is said that Green beans are a great source of carbohydrates, as well as being a good source of protein, Vitamin A and C, dietary fiber and beta carotene (which is said to prevent cancer and heart disease). Mature beans cannot be eaten raw and should be cooked. Great when sauteed, boiled, steamed, stirfried.



ULTIVATION

When choosing which pods to harvest, look for beans that are firm, crisp and fully elongated, but do not have fully developed seeds. Pods should also be picked when they are completely dry, as picking beans when the plant is wet can increase the spread of disease. The beans should be stored in a cool dry area once harvested.

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Any enquiries can be directed to:
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