

How to grow your haricot beans

Appendix 1



EQUIPMENT

- Capulet and Godiva haricot beans
- Peat free compost
- Reused small pots or sectioned tray
- Pencil/dibber
- Netting/plastic bottles
- Watering can/bottle

Top Tips!

Plant roots (not leaves) need water

Choose a sunny spot to grow your beans

You'll need to plan for watering your plants over the summer holidays

SOWING

APRIL - indoors in pots

MAY - outdoors (after frosts)

IN POTS:

- Fill small pot/tray with peat free compost (or 50:50 mix of compost: topsoil) - tap pot firmly on table to settle contents.
- Use the flat end of a pencil or dibber to make a hole 2cm deep.
- Place bean in hole.
- Gently cover over with compost. Label.
- Water until compost moist.
- Place in warm, light place - shoots should appear within 14 days. Water when dry.

IN BED OUTDOORS:

Sow seeds in May (after frosts). Space seeds 15cm apart, 5cm deep, in short rows to form a block. Skip next section on planting out.

PLANTING OUT

May (after last frost)

- Seedlings will be ready to pot on when you see roots through the bottom of the pot.
- Pre-dig planting holes in the growing bed in a block formation, 15cm apart.
- Gently squeeze round the pot to loosen the compost and ease out the plant on to your hand, taking care not to damage the roots of the baby plant. You can gently hold the leaves and use a pencil/dibber round the edge of the pot to help ease the plant out.
- Place in the hole, pull soil across and firm in.
- Water well.



PLANT CARE

June to
September

- Protect baby plants from pigeons, slugs and snails by cutting off the bottom of a plastic bottle and placing it over the plant.
- If pigeons or cats are a problem then place netting over the block of plants for protection
- Water regularly, particularly when the pods appear and when it is hot and dry.
- Keep the plants clear of weeds.
- Watch out for greenfly on young shoots and remove.



HARVESTING BEANS

September

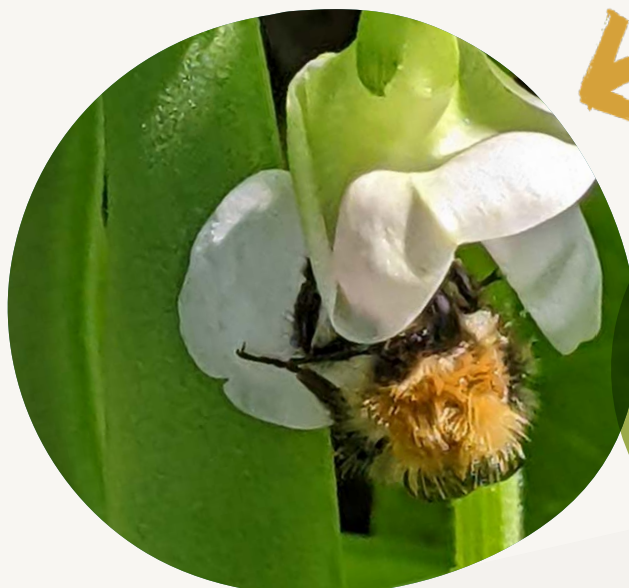
- Ready to harvest when the leaves drop and leave dry, yellow coloured pods.
- Harvest on a dry day by pulling up complete plants.



DRYING AND STORING BEANS

Autumn/
Winter

- Hang plants upside down to dry under cover, but not in direct heat e.g. in a shed.
- Once the pods seem dry, strip them from the plants which can be composted. Leave the pods to dry further until the beans rattle when shaken.
- Remove the beans and store in a cool, dry place for cooking, or sowing next year.



Bees love visiting bean plants to collect nectar to feed! They may spread pollen between plants, although the beans usually self-pollinate before the flowers open.