



Beans

Planting from Seed

When to start seeds indoors: 2-3 weeks before spring frost date

When to direct sow: After soil temp reaches 60 degrees, 1-2 weeks after last frost date

Days of Germination: 8-10 days (in optimal conditions)

Planting in the Garden

Recommended garden type and methods: Direct sow, field grown or raised beds, climbing varieties need stake or trellis (6 ft.)

Spacing: Seeds 3" apart in rows 20-36" apart, or 3-4 seeds at base of each stake

Planting Depth: 1"

Companion Plants: corn, squash, lettuce

Harvesting

1 seed = 1 plant = 1/2 lb. of fresh beans

Days to Harvest: 45-60

Directions: Harvest fresh beans every 5 days by snapping off the small stem of each bean from the branch. Look for pods that are plump with crisp fuzzy flesh and have reached the length on seed packet. For shell beans eaten fresh but without edible pods, look for the bumps of mature beans to show and harvest while pods are still crisp and green. For dry beans let mature pods dry on the plant and pick when brown and leathery or dry and crackly.

Use in the Kitchen

Vegetable subgroup: Other

Preparation: Wash, trim ends, snap beans in half

Menu Planning Ideas: Steam or sauté

Suggested Flavor Enhancers: Parsley, garlic, sesame oil



The Lifecycle of Farm to School

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