

Dwarf Green Beans – Project to start mid April

Easy to grow!

These are tasty, succulent, stringless beans on compact, bushy plants

Good source of vitamin C, vitamin A and fibre!

Ideal for pots or in the soil



What you need to get started

The beans!

Small pots/trays – you can recycle your big yogurt pots, trays from fruit/veg/meals, chop off the top of milk containers, tetrapack containers, tins. Just remember to put some holes in the bottom and deep enough for things to grow!

Compost / soil

Area in the garden/containers to plant out beans

Instructions

Sow 1 seed per pot or a few in trays, 2.5cm deep using compost/soil from the garden.

Water well and place on a warm sunny windowsill. A temperature of 15-20°C is ideal.

Check everyday to make sure compost is moist.



Seedlings usually appear in 7-14 days. It's exciting to see the little green shoots emerging!

Gradually get the plants used to being outside (avoid frosts), before planting out in containers or in soil about 25cm apart, in a sunny spot.

Keep watering.

If there is a chance of frost overnight, protect your plants by using a 'cloche', this could be upturned plastic boxes, plastic bottles with the bottom chopped off, stick structure with plastic over....don't forget to take off during the day!



Pick your beans regularly to encourage more beans to grow!

Enjoy growing your own tasty, green beans!

(Any growing problems email vjcoombs@gmail.com)