

When most pods are nearly dry, cut the plants at soil level, bundle together and hang upside down in a dry area with good air flow.

When pods are completely dry, open the pods to save the bean seeds inside.

Fully dry beans should be hard and will not dent with your thumbnail.

Store bean seeds in a cool, dry place for 2-3 years.



CREDITS

<https://www.seedsavers.org/painted-pony-organic-bean>

<https://www.seedsavers.org/ideal-market-bean>

<https://www.seedsavers.org/fiskeby-soybean>

<https://www.seedsavers.org/learn#growing-guides>

“Painted Pony” dry bean: <https://www.vermontbean.com/PIF/01273/PaintedPonyDryBean.jpg>

Dried soybeans: <http://www.annapolisseed.com/Growing-Guide-Soybeans-s/1865.htm>

Dried pole beans: <https://commonsensehome.com/grow-pole-beans/>



BEANS

Bush Bean “Painted Pony”

(*Phaseolus vulgaris*)

Pole Bean “Ideal Market”

(*Phaseolus vulgaris*)

Soybean (Edamame) “Fiskeby”

(*Glycine max*)

RPLMN.ORG/SEED

Plan a seed.

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HOW TO GROW



Direct Seed: 2"
Apart

Seed Depth: 1"

Rows Apart: 36-48"

Light: Full Sun

Plant bean seeds in the garden after the last frost. Bean seeds can also be planted in large containers. Seeds will germinate in 8-10 days.

Pole beans can grow 6-8 feet tall so a trellis or fence is needed to support the long vines.

Beans like moist soil, but not too wet! Grow in full sun.

HOW TO HARVEST

Harvest fresh snap beans when they are tender and sweet, about 4-7 inches long. Check bean plants every few days, green beans grow quickly. Picking your beans encourages more flowering, which increases bean production.

Fresh beans last 1-2 weeks in the refrigerator. Painted Pony bush beans can be eaten fresh or left on the plant until the beans are light brown and dry to be harvested as dried beans.

Harvest edamame when the pods are green and the seeds inside fill the pod. Edamame bean pods tend to ripen at the same time, so the best way to have fresh edamame through the summer is by planting more seeds every two weeks.

GARDENING TIP

Beans and other legumes fix nitrogen in the soil. This means beans have a symbiotic relationship with special bacteria in the soil that takes nitrogen from the air and converts it to a form of nitrogen that remains in the soil. This adds nutrients to the soil for future crops.

When your bean plants have withered, don't pull up the entire plant! Cut the plant at soil level and leave the roots in the ground to fertilize the soil for next season.

HOW TO EAT

Eat fresh green beans raw, microwaved, boiled, sautéed, or roasted. They are excellent added to soups and stir-fries. Fresh edamame can be microwaved, sautéed, or steamed and eaten in much the same way as green beans.

Both can also be preserved by canning, or blanching and freezing. Dried beans are a versatile high-protein food used in soups and chili.



HOW TO SAVE SEED

RATING: EASY

Beans are annuals and self-pollinate. Beans have a very low risk of cross-pollinating.

If growing more than one variety of bean (*Phaseolus vulgaris*), separate them in the garden by 10-20 feet.

As bean production slows in late summer, stop picking pods and leave them on the plant until they turn light brown and dry, about 4 weeks after the eating stage.