



Full of Beans



How to Get Involved Toolkit

What is the campaign all about?

Glasgow Food Policy Partnership and Glasgow Community Food Network are collaborating on the Full of Beans! campaign with the aim of getting more beans onto Glasgow plates. We believe in the power of beans as a nutritious, affordable, climate-friendly food option for the people of Glasgow.

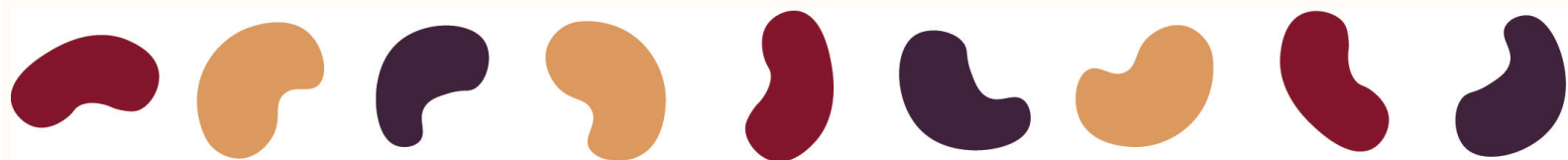
This city-wide campaign aims to promote greater consumption of beans and pulses as part of a healthy, planet-friendly diet in Glasgow. It will do so by:

- 🌱 sharing information on the environmental and health benefits of growing and eating beans;
- 🌱 creating Glasgow-specific information on how to grow and cook beans;
- 🌱 encouraging caterers to include more bean-based dishes on their menus;
- 🌱 creating opportunities for different sectors and the general public to participate;
- 🌱 involving growers in the city and encouraging people to grow and save seeds of interesting bean varieties.

You can help us spread the word about the potential power of beans by sharing our infographics about the different benefits of beans, sharing a bean recipe of your own, or even running a bean-focused event. You can find more information about the campaign communications in our Communications Toolkit or by emailing thaliag_gcfn@outlook.com with any questions.

If you're interested in getting involved in the campaign, this toolkit is filled with plenty of ideas for growers, community groups, chefs, and individuals. We hope you will be interested in joining this exciting and innovative local campaign with global links!

Thanks to the attendees of our Full of Beans Networking event for offering some comments on this toolkit and suggesting more activity ideas.



Whether you're getting involved in the campaign as a professional, community member, or individual, make sure to share what you're doing so we can promote it as part of the campaign.

Please tag Glasgow Food Policy Partnership and Glasgow Community Food Network when you're posting - our handles are:

Instagram - [@goodfoodforglasgow](#) [@glasgowcommunityfoodnetwork](#)

Twitter/X - [@glasgowfpp](#) [@gcfnetwork](#)

Facebook - [@glasgowfpp](#) and [@glasgowcfn](#)

Linkedin - [Glasgow Food Policy Partnership](#) and [Glasgow Community Food Network](#)

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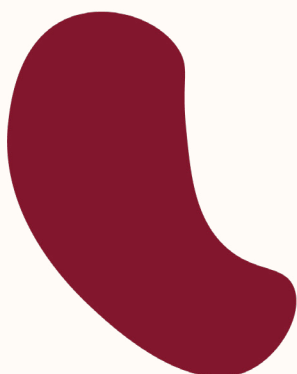
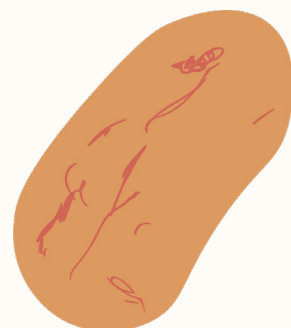
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How to Get Involved: Events

Come along to a Full of Beans event happening near you. All of the campaign events will be added to the [Climate Fringe Events Calendar](#), so you can find them by clicking the relevant month and searching 'beans'

And if you'd like to run your own Full of Beans event as part of the campaign, we can help. [Send us](#) the title, date, time, location, description, and relevant event image and we can upload it to the Climate Fringe Events Calendar alongside the other campaign events.

There's an events poster template [here](#) which you can make use of. Please make a copy of the template before you edit it so the original remains the same for the next person.

If you're interested in running an event but you need specific materials like beans, bean seeds, craft materials, recipes, or something else, [get in touch](#) and we'll see how we can support you. Depending on capacity we might be able to send one of our Bean Team along to help out. We can also provide campaign flyers so that your participants will have access to all of the campaign resources on our website.

If you do run a Full of Beans event, please complete [this short questionnaire](#) so that we can track the reach of and number of participants in the campaign.

Check out the rest of the toolkit for event ideas around growing, cooking, and crafts!



How to Get Involved: Growing

We are pleased to be partnering with the seed saving experts over at [Glasgow Seed Library](#) to bring together individuals and community growing spaces to save seeds. Help us grow a diverse collection of open pollinated, locally adapted bean seeds in Glasgow.

You can find all the relevant dates and stages of the bean growing and seed saving project with Glasgow Seed Library on the next page - there will be a range of activities from March to October. If you miss the session on the 16th March, you can still collect seeds from the Seed Library and join the project. You can view the Seed Library's upcoming events [here](#).

On the following pages is a bean growing guide written by Glasgow Seed Library for the four bean types which are likely to grow well in Glasgow. This information can be used for general bean growing or to help you as you participate in the seed saving project. You can find a text only version of the guide [here](#).

You can also find guides on Landrace Gardening and Seed Saving from Glasgow Seed Library, as well as other helpful growing resources on our Full of Beans Resources Page: goodfoodforall.co.uk/resources.

Growing with Children:

Beans are a great thing to grow with younger children as the seeds are easy to handle and look like the food that they're going to produce. Since bean plants sprout tall, they're a great example of watching a plant sprout from a seed to a plant taller than them over time. You can also link bean growing to the story of Jack and the beanstalk - what kinds of beans do we think are magic, and how tall would the stalk have to get to reach a giant in the sky!



Help us save more beans!

Help us grow a diverse collection of open pollinated, locally adapted bean seeds in Glasgow.

Step 1: 16th March:

Come along to Glasgow Seed Library Seedy Social to pick up your bean seeds.

Step 2: 6th April:

Come along to Glasgow Seed Library event: tending to seedlings to learn how to nurture your baby bean plants.

Step 3: 17th April:

Receive guidance on seed saving from Glasgow Seed Library at their Introduction to Seed Saving (online).

Step 4: Late April/early May:

Sow your beans in small pots indoors. Decide where your final growing spot will be.

Step 5: Late May/early June:

Now that your beans are a few inches tall, and have at least 3 leaves, you can transplant them into a larger space. If you are planting them outside, make sure there is no longer a risk of frost.

Step 6:

Join our Whatsapp group to share with others your progress and to get help and advice to ensure you get a great bean harvest! Contact louise-k@cca-glasgow.com to sign up.

Step 7: July/Aug:

Select which beans to save for seed and which to harvest for eating.

Step 8: Sept/Oct:

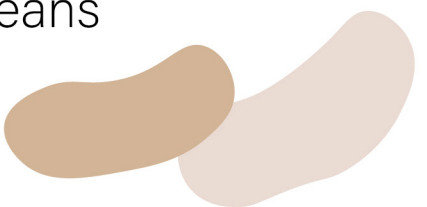



Harvest the dry pods and shell them to save the seed. Some can go to winter stews and your own seed stash for next year, and some can be returned to the seed library!





**Glasgow
Seed
Library**







Good food for all

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Species	Sowing Time	Sowing Temp	Where to Sow	Transplant Size	Transplant Time
<p>Climbing French Beans</p> 		20 degrees celcius	Sow in your house, in a greenhouse or polytunnels in modules.	0–15 cm/ 4–6 in	After the soil has warmed up and there is no chance of frost (this will kill it!) early to mid June should be fine.
<p>Runner Beans</p> 	Mid May (mid April if they will be planted out in a polytunnel)	21 degrees celcius	They can be eaten by mice or slugs if you sow directly outside and it will also be too cold for them.		If planting in a polytunnel this could be mid May.
<p>Dwarf French Beans and Soy Beans</p> 		22 degrees celcius		5–7 cm/ 2–3 in	
<p>Broad Beans</p> 	Mid Feb to mid March for Spring sowings		Grow them in modules under cover to protect from rodents.	5-10 cm/ 2-4 in	Any time unless the ground is frozen

	Spacing	Bed Requirements	No. of Plants	Support	Protection	Pollination
	A teepee can be any diameter between 90 and 135 cm, with plants spaced 30cm apart.	Minimum 2 m bedlength, 1 m bed width for rows	12 minimum (for landrace projects)	2.5 m bamboo canes to make a teepee or A frame.	Need to be started off indoors and if it's still a bit cold when you are planting out they could do with some fleece over some DIY wire hoops to protect them from cold winds in the first few weeks, they hate the cold!	Self pollinate
	If you are making rows, each one should be approx 60-90cm apart and plants spaced at 30cm along the row.	Minimum 2 m bedlength, 1 m bed width for rows (3 meters for landrace bean project)	10-25 (go for around 20 minimum for landrace projects as you want loads of diversity)			Insect and self pollinate
	30cm each way	Minimum 1.5 bed length, 1 m bed width. You could also just grow as many as you can on a windowsill!	12 minimum (for landrace projects)	No frame needed.		Self pollinate
	Space at 15-20 cm in rows which might be 45-50 cm apart	Minimum of 1.5-2.5 m bedlength and 1 m bed width depending on how much you cram them in	10-25 (go for around 20 minimum for landrace projects as you want loads of diversity)	Some bamboo canes for support may be needed.		Insect and self pollinate

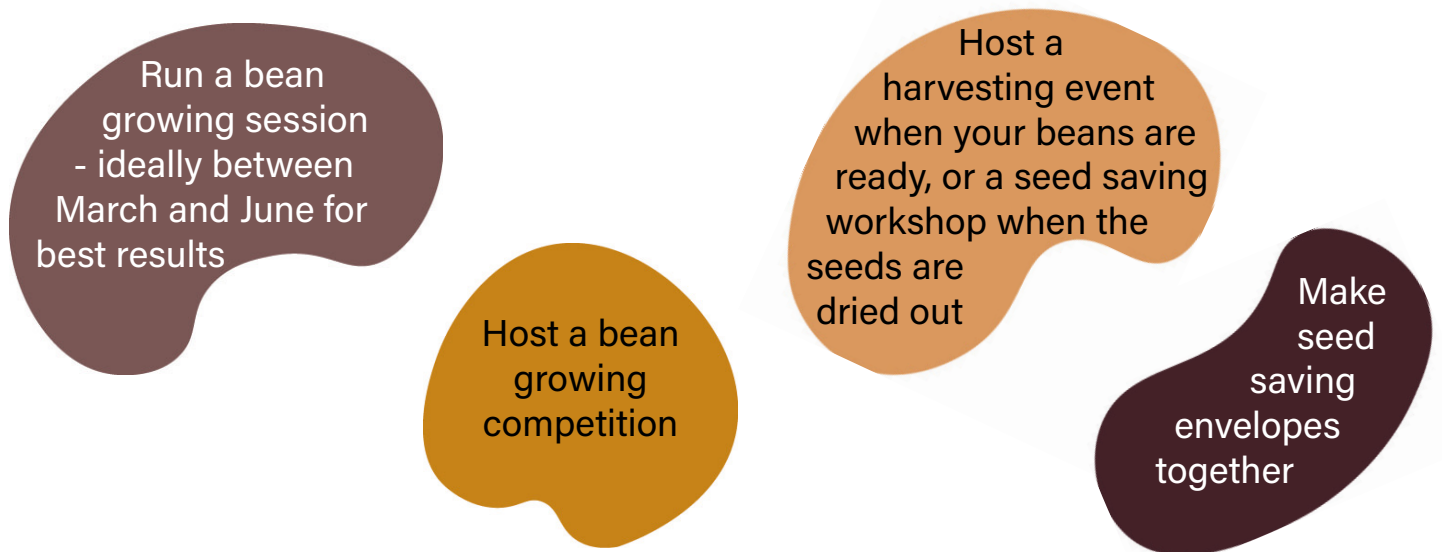
Isolation Needed	Harvesting	Harvesting Dry for Seed Saving	Potential Problems
 <p>None. They self pollinate so will always stay true to type even if grown near other varieties.</p>			
 <p>Runner beans can cross with other varieties around 25% of the time. If you want your beans to stay true to type you should isolate your runner beans from other varieties - keep them 50-150 meters away.</p>	<p>8 weeks after planting out</p>	<p>Pods should be brown and paper dry - Sept / October depending on planting date.</p> <p>Try and protect them from the rain in late summer / early autumn so they can dry up.</p> <p>If need be, and the pods look full and are beginning to yellow, you can remove the plant and take it indoors to a dry space for the pods to dry out.</p>	<p>Bean mosaic virus - it can be spread with infected seeds so please don't return seeds from affected plants</p>
 <p>None. They self pollinate so will always stay true to type even if grown near other varieties.</p>			
 <p>Broad beans can cross with other varieties around 20% of the time. If you want your beans to stay true to type you should isolate your runner beans from other varieties - keep them 50-150 meters away.</p>	<p>11 weeks after planting out</p>	<p>Pods should be black and paper dry - August / October, depending on planting date.</p>	<p>Chocolate spot - it can be spread through infected seed so please don't return seeds from affected plants</p>

Bean Growing Event Ideas

If you want to sow the seeds for more bean growers to flourish, why not host a bean growing event. If you already run gardening sessions or are part of a community growing project, this is a perfect way to get involved in the campaign.

If you [get in touch](#) we can chat about how we could support your event, whether that is with a facilitator, providing bean seeds, or promoting your event on the Climate Fringe Events Calendar.

We are also running specific bean growing workshops in schools, so if you're a teacher or support a school community growing space, [get in touch](#) to see if we have any availability to run a session at your school, ideally in May. You can also find lots of resources for growing and more on [our website](#).



Be involved in a Dwarf French Bean trial!

If you are already a grower, perhaps with an allotment or community garden, you might be interested in our Dwarf French Bean trial.

To participate you will need space for at least 12 plants, be willing to observe how the plants grow, complete a questionnaire and share this with the Glasgow Seed Library and Full of Beans Team. This project will be part of a larger initiative by the Gaia Foundation, so this is an opportunity to be part of a larger growing programme.

If you're interested get in touch with Jenny [here](#).

Seed Suppliers

Seeds of Scotland: <https://www.seedsofscotland.com/collections/beans>

Beans and herbs: <https://www.beansandherbs.co.uk>

Heritage seed library: <https://www.gardenorganic.org.uk/what-we-do/hsl>

Tamar: <https://tamarorganics.co.uk/>

Real Seeds: <https://www.realseeds.co.uk/lettuce.html>

Vital Seeds: <https://vitalseeds.co.uk/>

How to Get Involved: Cooking and Recipes

One of the easiest ways to join in the campaign is to cook and eat more beans. Whether you have a set run of meals which you like to make consistently or you're more sporadic with what you choose to cook, you can find a range of recipe inspiration on our website at <http://goodfoodforall.co.uk/recipes>

Or if you already have a bean recipe you love, we'd like to hear from you. Share your bean recipes and tag us on social media and we'll be sure to repost them. We are creating a Glasgow Bean Book which will celebrate all the campaign activities which take place this year, and we'd like to include some recipes which Glasgow-based bean lovers like to cook. Send your recipe and a picture of the finished dish to thaliag_gcfn@outlook.com to be included. Those who submit a recipe will be entered into a prize draw and be in with a chance of winning some luxury beans.

Cooking Event Ideas

We want cookery groups and community meals to get involved with the Full of Beans campaign. Sharing beans with your community means sharing all the environmental and health benefits, and spreading the word about how tasty and nutritious beans can be. We also have ways for commercial chefs and caterers to get involved - check out our campaign to put more #beansonthemenu on the next page.

If you're a community meal or cookery group we can provide campaign recipe cards to for your participants to take home.

Make sure to [send us](#) the details of your event so we can promote it as part of the campaign and add it to the Climate Fringe Events Calendar.

Host a bean-focused community meal or cooking session with one of the recipes [on our website](#) or your own bean-ified version of an existing favourite.

Sourcing the Beans

We are pleased to say that our campaign partner, Greencity Wholefoods, are running a promotion on some of their key bean product lines during March and April 2024.

Their 500g and 3kg packs of organic chickpeas, red lentils, aduki, and butter beans will be available to buy at 15% off. We hope this will make it even more affordable to buy fantastic beans which can be used for many different recipes and which have a great shelf life.



To order from Greencity directly you will need to hold or register for a wholesale account with them, or if you're looking to purchase smaller quantities then look out for Greencity products at your local shops. Visit the Greencity website and view the promotion [here](#).

How to get involved: Chefs and Caterers

For our work with chefs and caterers, we have teamed up with Beans is How - a global campaign to double bean consumption by 2028 - to encourage more chefs and caterers to add more #beansonthemenu and be part of Glasgow's Full of Beans menu challenge!



Why put more #beansonthemenu?

- Beans are delicious, versatile and can help you bring in new customers.
- Beans are super healthy as they are an excellent source of fibre and protein.
- Beans are good for the environment as they enrich the soil and have low carbon emissions.
- Beans are filling and can help you bulk up dishes.
- Our team will promote all the venues taking part in the campaign!

How to take part?

- 1) Create a new menu item which includes beans (or promote an existing bean-filled dish) and serve it during March 2024.
- 2) [Email us](#) the name/picture of the dish you plan to serve and where, and our Bean Team will promote it for you as part of our campaign promotions
- 3) Publicise taking part on the campaign on social media by using hashtags #GlasgowFullofBeans #beansonthemenu and tag us (Glasgow Food Policy Partnership, the Glasgow Community Food Network and global Beans is How campaign) when you're posting.
- 4) Monitor how many bean-dishes you serve in March as part of the campaign. We would also love to know if you decide to keep more beans on the menu, and our team will get in touch with more details regarding this.

Want to be part of the Global Bean revolution?

The Glasgow Full of Beans Campaign has teamed up with the global '[Beans is How](#)' campaign.

Beans is How is running a global [Menu Challenge](#), and by taking part in our local campaign you can also be part of a global movement and have your venue details added into a global campaign map!

Beans is How campaign is connected with the [Global Chef's Manifesto](#), and the network can link you with likeminded chefs who champion food systems change and progress to achieve the SDGs.

How to Get Involved: Activities

These activity ideas can be used as part of a larger event or together for a bean themed session. They are perfect for crafty community groups, youth groups, or some you can simply do at home. We can provide campaign flyers so that your participants will have access to the resources on our website.

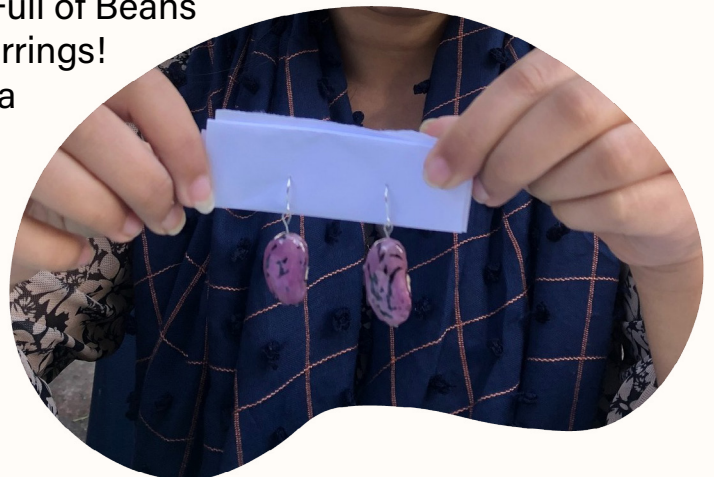
Bean Discussion: If you're doing a bean-themed activity, why not take the opportunity to talk about beans! Beans offer a great starting point for talking about sustainability and the food system. We suggest introducing the activity with a discussion on the beans that you like, whether you eat lots of beans and if not, then why not? Do people see beans as something which can form the base of a meal? What do they think the benefits of beans are? You can talk about their high fibre and protein content, and that they result in less carbon than animal proteins.

Bean Voting: The Ancient Greeks used beans as their voting method - beans really are both ancient and versatile! But bean voting isn't just useful for early democracy, we can use it today as a fun visual to collect opinions about anything - especially different questions about beans! For this activity you will need a pack of dried beans and a number of clear jars for people to cast their bean votes into.



Bean Earrings:

Join the food earring trend and support the Full of Beans campaign with your own pair of DIY bean earrings! To DIY, pierce a dried bean lengthways with a needle, and thread through a headpin. Curl the end of the headpin with jewellery pliers to create a link for your earring hook. Hook on your earring hook and you will have a bean earring! Varnish optional. Our bean team have a limited capacity to deliver this activity for groups- [get in touch](#) if you're interested.



How to Get Involved: Activities

Badge Making: Make your own campaign badge and represent the Full of Beans campaign as well as your own favourite type of bean! If you're hosting an event and you think a bean badge making stall would be a good fit, [get in touch](#) and we'll see if we can come along with all the materials you will need and a member of our bean team to run the activity.



Bean humour: what do children's humour and beans have in common? Farts! Get your group giggling by sharing an outrageous bean related fart story. You can always link this to the fact that beans contain complex carbohydrates which are broken down by bacteria in the large intestine, producing gas as a byproduct.

Movement activities: expel some energy before settling down to a bean-y lunch to refuel with these runaround ideas. Get your group to come up with a movement which relates to a kind of bean - shivers for a chilli bean, spreading your arms and legs for a broad bean, pointing to your kidneys for a kidney bean, etc. Practice calling out the different types of beans and doing the action, then get the group to walk around the room, stopping and doing the action depending on what you call. You can introduce new rules like changing direction with a certain type of bean, or starting to run instead of walk if you say runner bean. You can always introduce bean bags into the activity or a jar of beans as a musical shaker.

Magic beans: if you're looking for a creative activity, some ideas are to: find some bean shaped rocks and decorate them like magic beans. Make a bean mandala by laying out different coloured beans to make a pattern. Make bean friendship bracelets by piercing your beans and threading them onto embroidery thread.





Good food for all

GLASGOW FOOD POLICY PARTNERSHIP

