



Full of Beans

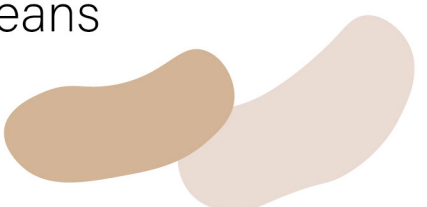



Growing Guide





**Glasgow
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Good food for all

GLASGOW FOOD POLICY PARTNERSHIP

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
	None. They self pollinate so will always stay true to type even if grown near other varieties.		Pods should be brown and paper dry - Sept / October depending on planting date.	
	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.	8 weeks after planting out	Try and protect them from the rain in late summer / early autumn so they can dry up. 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.	Bean mosaic virus - it can be spread with infected seeds so please don't return seeds from affected plants
	None. They self pollinate so will always stay true to type even if grown near other varieties.			
	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.	11 weeks after planting out	Pods should be black and paper dry - August / October, depending on planting date.	Chocolate spot - it can be spread through infected seed so please don't return seeds from affected plants