

How to Grow Beans bush

General

All bush and pole beans are high in starch, protein, dietary fibre, and a host of minerals such as potassium, iron, selenium, and molybdenum. Green beans, whether grown on a bush or a vine, are very high in vitamin C and calcium. When reconstituted and cooked, dry beans are very high in starch, protein, and dietary fibre.

Latin

Phaseolus Vulgaris

Family: Fabaceae

Difficulty

Easy

Season & Zone

Season: Warm season

Exposure: Full-sun

Zone: 3 and warmer

Timing

Direct sow from mid-May to the beginning of July. Try to plant during a warm, dry spell. Soil must be warm - if it is not warm enough, seeds will rot, especially our untreated seeds. Optimal soil temperature: 21-32°C (70-90°F).

Starting

Sow seeds 2-5cm (1-2") deep, 5-8cm (2-3") apart, in rows 45-60cm (18-24") apart. Thin to at least 15cm (6") apart in each row. Using bean or combination inoculants on seeds helps growth. If the weather is too wet, beans can also be started in pots indoors and set out carefully a few weeks later. For a continuous harvest, plant at 3 week intervals. Seeds will sprout in 8-16 days, depending on conditions.

Growing

Ideal pH: 6.0-6.5. Well drained, warm soil in full sun is best. Raised beds help with both drainage and warmth. Use 1 cup of complete organic fertilizer for every w/m (10') of row. Too much nitrogen fertilizer is often the cause of poor pod set and delayed maturity. If beans flower but do not set pods, the cause can be zinc deficiency. Try spraying the plants with kelp based fertilizer. Wet leaves on crowded plants are subject to diseases. Thin plants to increase air circulation and avoid touching the leaves while they are wet.

Harvest

Pick beans regularly to keep the plant producing (if pods get fat with seed, the plant will stop flowering). The smaller the bean, the more tender they are.

Seed Info

In optimal conditions at least 75% of seeds should germinate. Usual seed life: 3 years. Per 100' row: 800 seeds. Per acre: 232M seeds.

Diseases & Pests

Aphids - A hard stream of water can be used to remove aphids from plants. Wash off with water early in the day. Check for natural enemies such as gray-brown or bloated parasitized aphids and the presence of larvae of lady beetles and lacewings.

Spider mites (two-spotted) - Wash off with water early in the day. A hard stream of water can be used to remove mites.

Leafhoppers - Small, light green to gray insects that feed on the plant juices, causing stunted growth, and transferring viruses. No cultural control available.

Companion Planting

Beans fix nitrogen in the soil. Plant with beets, Brassicas, carrots, celery, chard, corn, cucumber, eggplant, peas, potatoes, radish, and strawberries. Avoid planting near chives, garlic, leeks, and onions.



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