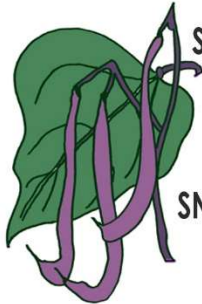


VEGGIE PAGES

BEANS

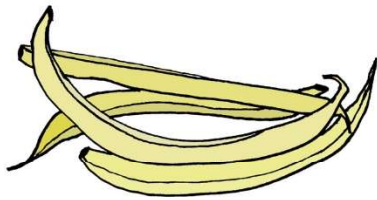
Beans are a great addition to your vegetable garden. They are very easy to grow, provide a prolific harvest, and generally don't take up too much space. Some beans are eaten in the pods as "green beans," some are shelled for the beans inside, and some are dried for later use. Beans come in a wide variety of colors, sizes and shapes. The plants they grow on can be bushes or vines. Check out some of these different types of beans that you could grow at home:



SNAP BEANS - BUSH TYPE: Bush beans grow on small plants that only reach 1-2 feet tall. They usually produce smaller varieties of "green beans." But they are not always green! Common bush beans are also yellow, or purple. Tri-color bean mixes will allow you to plant all 3 colors!



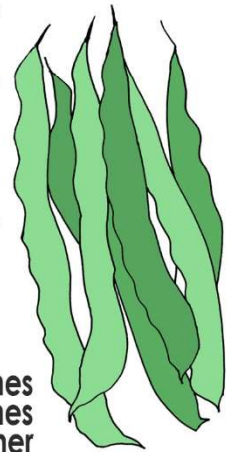
SNAP BEANS - POLE TYPE: Pole beans are a vining plant that can grow anywhere from 5-15 feet long. They need a bean pole, trellis, fence or other appropriate structure to climb on. Pole beans take longer to produce than bush beans but they often are more productive plants. Like bush beans they come in a variety of colors.



WAX BEANS: Wax beans are a yellow variety of snap beans. They come in a variety of yellow shades and are usually round and small-to-medium in length. They have a more mild taste than traditional green varieties.



ROMANO BEANS: Romano beans are long, broad, flat beans that are native to Italy. They grow on very long vines and are often extremely prolific. Romano beans also have a very long production season, continuing to flower and produce beans week after week. They are often a light green color and have a mildly sweet, grassy flavor.



YARDLONG BEANS: Yardlong beans live up to their name and can sometimes grow up to 30 inches long. However they are more commonly 12-20 inches long when harvested. They are thin, round beans that are usually either green or burgandy in color. Yardlong beans are a vining bean native to Asia and grow well in heat and humidity. They are sometimes called asparagus beans, snake beans, or long-pods.

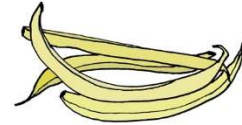
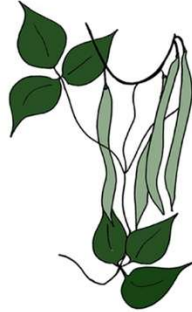
PINTO BEANS: Pinto Beans have two common plant types: bush beans and half-runner beans. The bush beans are small, compact plants and the half-runners have a bushy lower plant with a short top vine. These can grow with or without a trellis. It will take 90-100 days for pinto beans to dry out on the plant to harvest the dry, speckled beans that are commonly seen. But, most home gardeners that grow pinto beans, grow them to eat as "green beans" when the pods are young and green, and the inside beans have not fully matured.



HOW TO USE BEANS AT HOME QUICK KITCHEN TIPS

- 1. Boiling:** Green beans are often boiled for a quick side-dish. Cut or snap off the ends of washed beans and drop them in rapidly boiling salted water. Cook for 10-12 minutes until beans are tender but still green. Serve as a side with butter or light seasoning.
- 2. Simple Salad:** Cut or snap off the ends of washed beans and drop them into rapidly boiling water for 2-5 minutes to blanch them. Either let the beans cool or transfer them to ice-water to cool immediately. In a bowl whisk together dijon mustard, red wine vinegar and olive oil. Add the beans to the bowl along with wedge cut tomatoes or whole cherry tomatoes. Salt and pepper to taste. Toss in the dressing and serve.
- 3. Stir-Fry:** Green beans in your stir-fry will add a fresh, crisp texture and bright flavor. This is a perfect way to use varieties of beans that do not long-boil well, like yardlong beans. Beans compliment most other stir-fry ingredients.
- 4. Crudites:** A crudite platter is a variety of vegetables served with dip or dressing. To add beans to this platter, wash and snap the ends off the beans, quickly blanch them in boiling water and move them to an ice bath to cool immediately. They should still be crisp when served. This is a great way to serve Romano beans whose wide, flat structure makes them ideal for dipping!
- 5. Pickled or Canned:** All types of beans are pickled or canned with various flavors and techniques all over the world. A wide variety of pickling and canning recipes can be found on the internet.

PLANTING BEANS AT HOME



Start your beans directly in the ground. Beans sprout quickly and grow easily directly in the soil. Beans do not transplant well.

If you are growing pole beans, put your poles or trellis in the ground before you plant. You don't want to disturb your beans roots by waiting until they have sprouted. You can get creative with pole beans and grow them on "tepees" or other unique structures.

Beans are legumes and they will fix nitrogen in your soil. You do not need to add fertilizers to grow beans. Your top soil or top soil and some compost will work just fine for beans.

Harvest your beans as soon as they are ready. A general rule with beans is the more you harvest, the more they will produce!

If you pick your green beans early in the day, they will usually be sweeter. Heat and prolonged sunshine will make them less sweet.