



French Beans

Dwarf French beans make short, bushy plants. Climbing varieties make a nice feature in a pot, twining up a wigwam of 2m tall canes. Four dwarf plants will fit in a window box.

The pods can be flat or round, green, purple, yellow or speckled in colour. French beans need a warm growing spot to do well

give
it a
grow



Each plant will produce lots of pods, starting around 12 weeks from sowing. The beans are delicious steamed, then eaten hot, or cold in salads. Pick the pods while they still snap easily to encourage more to form.

Suggested pot size: 15cm wide and deep for one plant. 40cm square for four plants to allow room for stakes for the plants to climb up.



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All French bean varieties are suitable for growing in pots.

Some to try: 'Aiguillon' - dwarf, slim, round green pods

'Maxi' - dwarf, holds pods above the foliage

'Blauhilde' - climber, purple pods

'Fasold' - climber, green pods and 'Cobra'

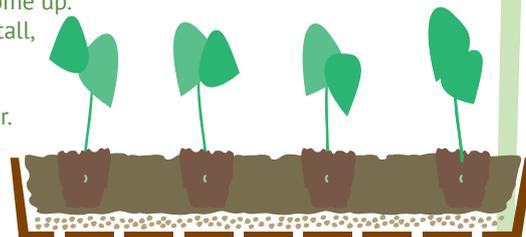
Plant



1. Fill a 3cm pot with moist compost.
2. Firm it down gently.
3. Sow 2 seeds, 2cm deep in the compost.
4. Keep in a warm place.

Grow

1. Snip off one seedling if both come up.
2. When plants are around 10cm tall, gently remove plant, with the ball of soil, from the pot.
3. Plant up into the final container.



Eat



Pick pods at about 10cm long, while they still snap crisply. Regular picking will encourage more to grow.

French Beans

Growing tips

Sow seeds in a warm place in small pots.

Gradually acclimatise plants to the outdoors over a period of a week before putting pots outside permanently. Sow every 4 weeks for continuity of supply.

Use a heavy pot for climbing varieties, so they don't blow over.

Compost to use:

Multipurpose, organic and peat-free.

Watering tips:

They don't like soggy compost. Water sparingly until the plants are growing strongly. Don't leave pots sitting in water.

Support:

Tie dwarf varieties to a short stick for support as pods form. Climbing varieties need 2m sticks to twine up, or train them up strings on a sunny wall or fence.

Protection:

Protect from frost.

Feeding:

None needed.

	Spring			Summer			Autumn		
	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov
Sow indoors									
Sow outdoors									
Plant up plants									
Harvest									
Protect from cold									

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