



2017 is the Year of the Bean

CELEBRATE 2017 THE YEAR OF THE BEAN

Anyone can grow garden beans, they are one of the easiest vegetables to grow, and they taste delicious picked fresh from the garden. Bean plants make attractive garden plants. Runner beans were once grown for their ornamental value and most bean flowers are very rich in nectar and a magnet for garden pollinators, especially bees.

Bean tips

When you space is tight grow climbing French beans or runner beans in a trough or planter placed at the bottom and against a wall or fence, or up wigwams of canes.

For window boxes choose to grow the shorter, compact dwarf beans, which will produce clusters of tasty pencil-podded beans.

All bean flowers need to be pollinated to form the precious pods that we

crave. Attract pollinators by planting nasturtiums, cosmos, borage and sunflowers near your bean plants.

Avoid using pesticides to keep your beans free of any residues and make your garden a safer place.

To keep your plants cropping pick the pods young before the beans inside start to swell.

HEALTH SUPPORTERS

Green beans are a healthy food source offering antioxidant properties to support health and are rich in vitamins, fiber and minerals.

BEANS FOR EVERYONE

Whether you like the elegant pencil thin French beans, the long podded runner beans, the beans for drying or the early cropping broad beans; there's a bean for every garden, every planter and every plate.

MANY WAYS

You can sow and grow the beans really easily from seed, or buy plants from the garden centre or nursery in spring.

