

## Top tips for growing broad beans

| Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     |     |     |     |     |     |     |     |     |
|     |     |     |     |     |     |     |     |     |     |     |     |

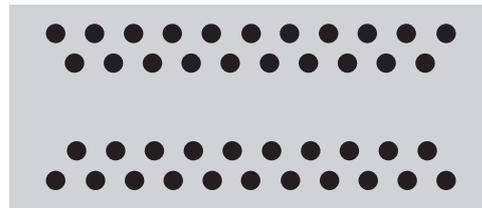
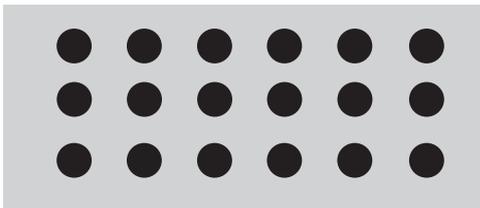
### How do I plant this?

Depth: 5cm

Distance from next seed: 30cm

Distance between rows: 60cm

You can plant Broad beans in **double rows** to aid pollination and provide support.



### How do I look after it?

Water the seeds and make sure the ground stays damp until the seedlings appear. It usually takes 10 to 20 days for the seeds to sprout.

Keep the seedlings moist as they grow, and remove any weeds. In exposed areas you may need to provide support for the plants. This could be in the form of individual stakes for each plant, or a series of canes around the whole block of planting, with string tied between the canes to make a 'fence' for the beans.

### How do I know when it's ready to harvest?

It depends how you like to eat them. Once the pods are fairly long with obvious beans inside, pop one open and have a look. If they look big enough for your liking pick them now, or wait a few more days if you want them to get a bit bigger. In general, the younger they are the more tender and sweet they will be.

### How do I harvest it?

Pick a pod by pulling it downwards from the stem of the plant - you may need to support the main plant whilst doing this.

Open the pod by pushing your thumb into the 'seam' of the pod and running it down to the bottom. Inside you will find up to 10 beans nestled in a fluffy white bed. Pop them out into a bowl.

### How do I cook it?

Put the podded beans into boiling water for 4 to 8 minutes, or steam for 5 to 10 minutes, and eat whole. Alternatively, you can peel each bean separately if the outer skin has gone a bit tough, or even make a puree by blending the cooked beans with a bit of olive oil and some other flavourings such as garlic and pepper.

### Any other information?

Some varieties of broad bean can be sown in the Autumn to provide a slightly earlier crop the following June. You might need to protect the young seedlings with fleece or a cloche if the weather is very cold.