

When most pods are nearly dry, cut the plants at soil level, bundle together and hang upside down in a dry area with good air flow.

When pods are completely dry, open the pods to save the bean seeds inside.



Fully dry beans should be hard and will not dent with your thumbnail.

Store bean seeds in a cool, dry place for 2-3 years.

Credits

<https://www.seedsavers.org/painted-pony-organic-bean>

<https://www.seedsavers.org/hidatsa-red-bean>

<https://www.seedsavers.org/ideal-market-bean>

<https://www.seedsavers.org/fiskeby-soybean>

<https://www.seedsavers.org/learn#growing-guides>

<https://www.vermontbean.com/PIF/01273/PaintedPonyDryBean.jpg>

<http://www.annapolisseed.com/Growing-Guide-Soybeans-s/1865.htm>

<https://commonsensehome.com/grow-pole-beans/>

https://commons.wikimedia.org/wiki/File:Painted_Pony_Bean.JPG

<https://www.myrecipes.com/recipe/shrimp-ginger->

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Plan a seed.

**Find more information at
rplmn.org/seed**



BEANS

Green Beans
(Phaseolus vulgaris)

Soybeans / Edamame
(Glycine max)



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101 Second Street SE, Rochester, MN 55904
507-328-2309 www.rplmn.org

HOW TO GROW



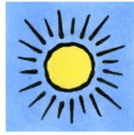
Direct Seed: 2"
Apart



Seed Depth: 1"



Rows Apart: 36-48"



Light: Full Sun

Plant bean seeds in the garden after the last frost. Bean seeds can also be planted in large containers. Seeds will germinate in 8-10 days.

Pole beans can grow 4-7 feet tall so a trellis or fence is needed to support the long vines.

Beans like moist soil, but not too wet!

HOW TO HARVEST

Harvest beans when they are tender and sweet, about 4-7 inches long for green beans. Check bean plants every few days, beans grow quickly. Picking your beans encourages more flowering, which increases bean production.

Painted Pony bush beans can be eaten fresh or left on the plant until the bean pods are light brown and dry to be harvested as dried beans and used in soups.

Harvest edamame when the pods are green and the seeds inside fill the pod. Edamame bean pods tend to ripen at the same time, so the best way to have fresh edamame through the summer is by planting more seeds every two weeks.

GARDENING TIP

Beans and other legumes fix nitrogen in the soil. This means beans have a symbiotic relationship with special bacteria in the soil that takes nitrogen from the air and converts it to a form of nitrogen that remains in the soil. This adds nutrients to the soil for future crops.

When your bean plants have withered, don't pull up the entire plant! Cut the plant at soil level and leave the roots in the ground to fertilize the soil for next season.



HOW TO EAT

Eat fresh beans raw, microwaved, boiled, sautéed, or roasted. They are excellent added to soups and stir-fries. Fresh edamame can be microwaved, sautéed, or steamed and eaten in much the same way as green beans.

Fresh beans last 1-2 weeks in the refrigerator. Beans can also be preserved by canning, or blanching and freezing. Dried beans are a versatile high-protein food used in soups and chili.



HOW TO SAVE SEED

RATING: EASY

Beans are annuals and self-pollinate. Beans have a very low risk of cross-pollinating.

If growing more than one variety of bean, separate them in the garden by 10-20 feet.

As bean production slows in late summer, stop picking pods and leave them on the plant until they turn light brown and dry, about 4 weeks after the eating stage.

