

# Field beans

Suggested species: *Vicia faba* (botanical name)

## Green Manures

### PLANT



Sow seed 2cm deep 10cm apart; rows 15cm apart. Grow in same area (rotation) as other legume plants (eg beans). Prefers heavier clay soil

### GROW



Establishes quickly. Will fix nitrogen (plant nutrient) in roots, feeding the next crop after digging in. Don't grow to harvest beans as this takes nitrogen away

### DIG



Cut down or hoe off leaves before digging in whole plants four weeks before soil needed and before flowering (when plants are about 30-45cm tall)

### Growing guide

Easy!

### Average growing period

From 20 weeks

### Equipment needed

None

### Germination time

7-14 days

### Average plant size

30-45cm tall, 20cm wide

### Family group

Legumes: beans, peas

### Seed saving group

I - Annual, self-pollinating

### Key nutritional content

Not eaten

| Spring Term |   |   | Summer Term |   |   |   | Autumn/Winter Term |   |   |   |   |
|-------------|---|---|-------------|---|---|---|--------------------|---|---|---|---|
| J           | F | M | A           | M | J | J | A                  | S | O | N | D |
|             |   |   |             |   |   |   |                    |   |   |   |   |
|             |   |   |             |   |   |   |                    |   |   |   |   |

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Cut down/dig in

2.5cm = 1 inch 30 cm = 1 foot

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