

# Broad beans

*Ready-to-pick broad beans*



*Broad bean seed*



*Healthy broad bean plant*



# Broad bean



## Introduction

Probably the easiest crop to grow, very nutritious and tasty.

Plant family	<b>Onion, pea and bean</b>	
Easy to grow?	Yes	
Sowing time	October - November and February - March	
Harvest	June onwards ; ready to harvest in 26 weeks for Autumn sowing and 14 weeks for Spring sowing.	
<b>Sowing instructions:</b> Sow seeds directly in a drill or sow in pots and plant outside when large (5 or more leaves).		
Depth ↓ 5cm	Distance between plants ↔ 20cm	Distance between rows ↔ 60 cm
Common diseases and pests	Black-fly – pinch off the top of the plant when beans start to form	
Special care	Support plants with sticks to prevent plant-damage from strong wind	
Cooking instructions	Young pods can be cooked whole simply taking tops and tail off; later on, only the beans are edible as skin becomes tough. Boil, stir-fry or make curry	
Storing instructions	Freezes well; to freeze broad beans, shell the beans from the pod, blanch (dip in boiling water for a minute or so), let it cool, and put the beans in a freezer bag	
Popular varieties	Super Aquadulce, Aquadulce Claudia, Bunyards Exhibition, Imperial Green Longpod	

Useful tip: *Autumn sowing broad beans produce better result and are less susceptible to black-fly disease compared to Spring sowing but are likely to be damaged in case of prolonged frosty winter.*