

## Guar Phali F1 Hybrid, Cluster Beans - Vegetable Seeds



Guar Phali is Digestive and nutritious, you can grow this easily 1 packet contains - 10 gm. seeds.

Rating: Not Rated Yet

### Price

Variant price modifier:

Base price with tax

Price with discount ?115

Salesprice with discount

Sales price ?115

Sales price without tax ?115

Discount

Tax amount

[Ask a question about this product](#)

Description

## Description for Gwar Phali F1 Hybrid, Cluster Beans

The Guar or cluster bean (*Cyamopsis tetragonoloba*) is an annual legume and the source of guar gum. It is also known as Gavar, Guwar or Guvar bean.

This legume is a very valuable plant within a crop rotation cycle, as it lives in symbiosis with nitrogen-fixing bacteria. In fact, agriculturists in semi-arid regions of Rajasthan follow crop-rotation and use Guar as a source to replenish the soil with essential fertilizers and nitrogen fixation, before the next crop.

Guar as a plant has a multitude of different functions for human and animal nutrition but its gelling agent containing seeds (guar gum) are today the most important use.

It comprises many essential Vitamins, namely Vitamin K, Vitamin C, Vitamin A, folates, and rich in carbohydrates.

**Common name(s):** Cluster Beans / Guar  
**Binomial name:** *Cyamopsis tetragonoloba*

**Flower colours:** -

**Bloom time:** Year round

**Max reachable height:** Maximum height of up to 2 to 3 m.

**Difficulty to grow::** Easy

## Planting and care

- Choose a sunniest spot of your garden and remove the weeds before planting.
- seeds  $\frac{1}{2}$  to 1 inch deep in loose well drained soil with lot of compost and farm manure mixed in it.
- Seedlings will germinate in a few days, thin out the healthiest of them 6 inches apart. Water well until the plants establish completely.

**Sunlight:** Full sun

**Soil:** Preferably in fertile, medium-textured and sandy loam soils that are well-drained.  
In respect of soil acidity, guar grows best in moderate alkaline conditions (pH 7-8) and is tolerant of salinity.

**Water:** It requires sufficient soil moisture before planting and during maturation of seeds. Frequent drought periods can lead to delayed maturation.

**Temperature:** 25-35 degrees C

**Fertilizer:**

Nitrogen: not necessary, Phosphorus: often limiting, US: Superphosphate 200 to 250 kg/ha

## Caring for Gwar Phali F1 Hybrid

- Weeding: young guar plants development is very susceptible to weed concurrence; well and early prepared seedbeds help to reduce

weed pressure

- Diseases: choose disease-resistant cultivars, 2 major diseases: Alternaria cucumerina var.
- cyamopsidis and Xanthomonas cyamopsidis Predators: Contarinia texana guar midge: rainfall or sprinkler irrigation reduce midge populations

## Harvesting

- Within 4-6 weeks after planting flowers start to bloom, seedpods will form and ready to harvest in about 8-12 weeks.
- If you're growing it to use as a vegetable, harvest it young when seedpods remain slimy and soft in texture and green in color.

## Typical uses of Gwar Phali F1 Hybrid

**Special features:** Benefits:

- Cluster beans are rich source of proteins, dietary fiber. it comprises many essential Vitamins, namely Vitamin K, Vitamin C, Vitamin A, folates, and rich in carbohydrates.
- Cluster beans contain glyconutrients that help in controlling blood sugar levels in the body.
- It contains low calories and it possesses low glycemic index.
- Cluster beans also provide relief from colitis, Irritable bowel syndrome, and Crohn's disease.
- Due to the presence of potassium, it improves heart health, reduces the risk of cardiovascular disease and lowers cholesterol levels.
- Due to the presence of phosphorus and calcium, it strengthens bones.
- Improves better circulation of blood.
- As it possesses hypolipidemic and hypoglycemic properties, it is considered as one of the better vegetable food source for both diabetic and hypertension patients.

**Culinary use:**

- In several food and beverages guar gum is used as additive in order to change its viscosity or as fibre source.
- The pods of the cluster bean are traditionally used in several veggie preparations, and form a fundamental element of numerous Indian recipes.

**Medicinal use:**

- It is extremely helpful for overweight patients, and people who are attempting to lose a few pounds.
- It can also be considered helpful for dealing with diabetic patients.
- Guar gum includes a multitude of commercial uses.

## References

### Reviews

Tuesday, 17 March 2020

Rajesh Khanna

Wednesday, 04 March 2020

Pukhrambam Kavita

Saturday, 22 February 2020

Harendra Bahadur

[More reviews](#)