

## Sem Phali, Lima Beans - Desi Vegetable Seeds



Nutritional profile. 1 packet contains approximately 35 seeds.

Rating: Not Rated Yet

**Price**

Variant price modifier:

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Sales price ?55

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Discount

Tax amount

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Description

## Description for Sem phali, Lima beans

*Phaseolus lunatus* is a legume grown for its edible seeds or beans.

Lima bean are two types, bush and pole or vine varieties.

Bush lima bean varieties are ready for harvest from 60 to 80 days from sowing; pole bean varieties are ready for harvest in 85 to 90 days.

**Common name(s):** butter bean, Theobroma cacao, seim bean, lablab bean

**Flower colours:** white

**Bloom time:** Seasonal bloomer

**Max reachahble height:** 20.00 to 30.00 feet

**Difficulty to grow::** easy to grow

## Planting and care

They are usually shipped in the spring as bare roots when plants are fully dormant, well before they have leafed out. Theyâ€™ll look like a bundle of sticks on arrival. Note, they are not deadâ€™ simply dormant. If you are buying container-grown plants (vs. bare-root plants), plant them by May or early June for best results.

**Sunlight:** Full sun to part shade

**Soil:** well-drained soil that are loamy sandy and averagely mild can suit its growth.

**Water:** Medium

**Temperature:** 65 F

**Fertilizer:** Apply any organic fertilizer

## Caring for Sem phali

- To help conserve water, reduce stress, and encourage healthy growth, apply a 2- to 4-inch layer of chopped and shredded leaves, grass clippings, or shredded bark around the base of your plants.
- Allow about an inch of space between the mulch and the base stem of the plant.

## Harvesting

November to january

## Typical uses of Sem phali

**Special features:** Commercially grown pantropically for its seeds/beans. Interesting small ornamental tree for tropical areas.

**Culinary use:** sem phali green pod is consumed as vegetable and its bean as pulse.

**Ornamental use:** NA

**Medicinal use:**

- it is good for digestive system, relieving constipation, help in weight loss.
- The sem phalli (pulses) contains good protein.  
Lima beans are an excellent source of molybdenum and a very good source of dietary fiber, copper and manganese.  
Lima beans are good sources of folate, phosphorus, protein, potassium, vitamin B1, iron, magnesium and vitamin B6.

Note: Use only after consulting the specialist.

## References

- <https://www.gardeningknowhow.com/edible/vegetables/beans/how-to-grow-lima-beans.htm>
- [https://harvesttotable.com/how\\_to\\_grow\\_lima\\_beans/](https://harvesttotable.com/how_to_grow_lima_beans/)

## Reviews

Wednesday, 18 March 2020

Joshi Prisy

Sunday, 01 March 2020

Jaya Maruthi

Friday, 14 February 2020

Pavi Mehrotra

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