

Pole Beans Selection Amira - Seeds - buy 1 get 1 free



The nutritional benefits of green beans
1 packet contains Pole Bean - 5gm seeds.

Rating: Not Rated Yet

Price

Sales price R 105

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Description

Description for Pole Beans Selection Amira

Dried or fresh, shelled or whole, beans are a favourite crop for home vegetable gardens. They are easy to grow, and the range of plant sizes means there is room for beans in just about any garden. Among the hundreds of varieties available, there are types that thrive in every section of the country.

These are further divided according to growth habit. Bush types are generally self-supporting. Pole beans have twining vines that require support from stakes, strings, wires, or trellises. Runner beans are similar to pole beans, although runners need cooler growing conditions. Half-runners, popular in the South, fall somewhere in between pole and bush beans.

Pole beans yield two to three times more than bush beans from the same space, are easier to harvest, and many gardeners believe they are better tasting. Both types have similar requirements, except pole beans need a 5- to 8-foot-tall support. Can provide strong background or vertical element in flower garden.

Common name	Flower colours	Bloom time	Height	Difficulty
green beans, string beans	-	mid-summer, late summer	5 to 10 feet	Easy

Planting and care

Fresh crisp beans are a summer treat that is easy to grow in most climates. Beans may be pole or bush; however, growing pole beans allows the gardener to maximize planting space. Planting pole beans also ensures a longer crop period and may yield up to three times as many beans as the bush varieties.

Pole beans require some training onto a pole or trellis, but this makes them easier to harvest and the graceful flowering vines add dimensional interest to the vegetable garden.

Sow the seeds 4 to 8 inches apart in rows that are 24 to 36 inches apart in rows. Push the seeds one inch and lightly brush soil over them.

When planting them in hills, sow four to six seeds at even intervals around the hill. Water after planting until the top 2 to 3 inches of soil are damp. Germination should take place in eight to ten days.

Sunlight	Soil	Water	Temperature	Fertilizer
Full Sun. Can tolerate partial shade but will reduce yield.	Prefers well-drained soil, but with consistent moisture. Only requires average fertility. pH 6.0 to 6.8.	Water regularly, from start of pod to set. Water on sunny days so foliage will not remain soaked.	Germination temperature: 70 F to 80 F	Pole beans need little fertilizer. organic Fertilizer should be added to the soil before planting pole beans.

Caring for Pole Beans Selection Amira

- Seeds of most varieties tend to crack and germinate poorly if the soil s moisture content is too high.
- For this reason, never soak bean seed before planting.
- Instead water just after planting or plant right before a heavy rain.
- Mulch soil to retain moisture; make sure that it is well-drained.
- Water regularly, from start of pod to set. Water on sunny days so foliage will not remain soaked.
- Beans require normal soil fertility.
- Only fertilize where levels are low.
- Begin after heavy bloom and set of pods. Use a light hand when applying high-nitrogen fertilizer, or you will get lush plants and few beans.
- Weed diligently and use shallow cultivation to prevent disturbing the root systems.
- Beans have shallow roots and frequent shallow cultivation and hoeing are necessary to control small weeds and grasses.
- Because bean plants have fairly weak root systems, deep, close cultivation injures the plant roots, delays harvest and reduces yields.

Harvesting

Harvest when the pods are firm, crisp and fully elongated, but before the seeds within the pod have developed significantly.

Pick beans after the dew is off the plants and they are thoroughly dry.

Picking beans from wet plants can spread bean bacterial blight, a disease that seriously damages the plants.

Be careful not to break the stems or branches, which are brittle on most bean varieties.

The bean plant continues to form new flowers and produces more beans if pods are continually removed before the seeds mature.

Typical uses of Pole Beans Selection Amira

Special features:

These beans also provide benefits to the health of your eyes and bones.

Help manage and regulate diabetes symptoms.

These delicious beans are low in calories and fat and contain no cholesterol.

The fiber content is very high, and it also provides some of your daily protein requirements.

Culinary use:

Green beans are grown and eaten around the world. It is good to pick young, tender green beans.

They are often steamed, stir-fried, or baked in casseroles.

A simple way to prepare them is to saute over high heat on top of the stove with just a drop of oil or butter for a couple of minutes.

Add a little water if it gets too dry.

Optionally: your choice of herbs or spices can be added while cooking; or splash a little soy sauce over them right before they are served.

References

<http://www.almanac.com/plant/beans> <http://www.gardening.cornell.edu/homegardening/scene8f63.html>