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To Grow a Great Garden.....Start With Amazing Seeds.....

GROWING INSTRUCTIONS

Beans

Grow beans in a well drained soil. . Do not plant until after the last frost date for your area and then only after the soil temperature has warmed up to 60 degrees. Bean seeds, especially pole beans, will rot in cold damp soil.

For **bush beans**, plant seeds one inch deep. If using raised beds, place a seed every two inches and space your rows 12-14 inches apart. Keep well watered until beans germinate, about 5-8 days. Thin beans to six inches. A two by four foot section per variety grown should provide plenty of beans for the 2-3 week harvest of most bush beans. Make succession plantings every 2-3 weeks until 60 or so days before your first expected frost. Pick often to encourage new pod set.

Control weeds by hoeing between rows when weeds first emerge and perhaps once more two weeks later. Once the beans get high enough to shade in between the rows, you should have no further weed problems.

Pole beans have a more intense bean taste, provide a longer harvest period and use less space; however, they take longer to mature. You can either grow your pole beans on a string (run a wire, top and bottom, between two posts 6-8 feet apart, tie a string every six inches or so to the top & bottom wire, and plant 2-3 beans around each string. Train plants to grow up the string. You can also use a mesh trellis or home made trellis or make a tripod out of three or four 7-8 foot saplings. You should be able to harvest pole beans the entire season. It is critical that you keep harvesting pole beans; if you let them mature, they will stop producing new pods.

Grow **shelling beans** as above. Harvest when pods turn color for fresh shell beans or let them dry on the pod for dried beans. Plant peas in spring (as soon as you can work the soil) or in the fall. Space one seed every two inches about 1" deep. Grow as with beans

Italians are great bean eaters. For fresh beans they prefer "French fillet" beans like Boby Bianco, Brittle Beurre or La Victoire. These are round, slender firm textured and good tasting. They are picked when no thicker than a pencil and cooked simply. Italians also like flat beans like Marconi, Supermarconi or Venezia for a yellow. Don't let any green bean get too large or eating quality will suffer. All Italians have a special affection for fresh Borlotti shell beans. Cook Borlotti beans simply. Shell them, boil in water until tender, cool and dress with some good olive oil and fresh herbs or cook in soups or with pasta.

Pick beans small. They taste better and this encourages more pod set. Hold the base of the bean where it attaches to the plant and give the bean a tug with the other hand. They should separate easily without doing any damage to the plant. For shell beans, wait until they are good and plump before harvesting. You could also let them continue to grow and use them as dry beans. Rinse, dry, store in plastic bag in the refrigerator.

See reverse for recipe!



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Start With Fantastic Seeds!



ROMANO BEANS WITH BUTTER, SHALLOTS AND CHIVES!

serves 4

active time: 30 min

1 tablespoon sea salt for the blanching water

1 1/4 lbs Romano beans or green beans – trimmed and cut on the diagonal in 2” pieces (6 cups)

2 tablespoons extra virgin olive oil

3 shallots – skinned, quartered and thinly sliced (1 cup)

1/4 cup water

1 1/2 tablespoons unsalted butter

1 bunch fresh chives – cut in 1/2” pieces (use kitchen scissors) (1/4 cup)

3/4 teaspoon sea salt

freshly ground black pepper to taste

Step 1: Fill a large bowl with cold water and several ice cubes.

Step 2: Bring 6 quarts of water to a boil. Add the salt and the beans. Blanch the beans for 4 minutes until tender but still a little crunchy (if using green beans, blanch for 3 minutes only). Scoop them out with a slotted spoon and transfer to the ice water bath until cool. Drain on clean kitchen towel. Pat dry and transfer to a bowl. Set aside.

Cook’s note: The beans can be prepared to this point up to 4 hours ahead. Place in a sealed container and refrigerate until ready to use.

Step 3: Heat a large heavy-bottomed skillet over medium-high heat. Add the olive oil and shallots. Sauté for 2 minutes until the shallots have softened and begin to turn pale-golden. Add the beans and water. Toss well and sauté for 1 minute until the beans are warmed through. Add the butter, chives, salt and pepper and toss well until the butter has completely melted. Remove from heat. Transfer to a platter or large bowl and serve immediately.