

# Guide to Growing Bush Beans



## Profile and Nutrition Facts

A crunchy, nutty, and sweet vegetable that is a great addition to your garden.. Bush beans contain high amounts of Vitamin A, Vitamin B2, and Vitamin C.

Beans are a high source of nitrogen and will replenish soil through its roots, so consider beans in your garden every year! Bush beans are typically long and round/flat. Typically they are green in color, but some varieties are yellow, purple and red. Popular varieties are bountiful, golden wax bean, and royal burgundy.

## Planting guide

The best time to plant bush beans is in mid-May after the last frost. The area should receive plenty of direct sunlight. To plant seeds place them in rows that are 3 feet apart. Seeds can be planted 1 inch deep and 2 inches away from other seeds. Seedlings can be planted 4 inches apart from each other.

## How to maintain

Bush beans do best in organic, well drained soil. The soil should be kept moist. Various types of beetles, such as the bean beetle are the biggest pest for bush beans. Remove and kill any live beetles on the plant and prune any leaves with eggs. You can use neem oil to help prevent the beetles.

## How to harvest

Harvesting bush beans is an ongoing process. Beans can be picked once they have formed—about 50 days after planting. It's best to pick when they are the size of a small pencil because bigger beans are tough and stringy. To pick, gently pull the individual bean off the vine.



## How to enjoy bush beans

Bush beans can be sauteed in a pan with oil and seasonings. They are a great addition to a stir fry or a casserole. Another way to enjoy bush beans is boiling them in a pot of water with ham hock/bacon, salt and pepper for an hour until the beans are tender.