



trellis

How to grow Broad Beans

Broad Beans are easy to grow and can be one of the earliest crops to pick. Broad Bean Aguadulce is extremely hardy and is ideal for autumn/late winter sowing for an early/mid summer crop.

What you will need:

- **Broad Beans** choose Aguadulce for guaranteed results
- **Compost** preferably a compost labelled for seeds and young plants or second choice, a multi purpose
- **Small pots**
- **Trays/containers** to hold pots in
- **Canes/twigs** to create support for growing plants
- **String** to tie canes together
- **Scissors, labels and marker pen**



Step 1 Seedling

Step 1 Sow seed Fill individual pots with compost, roughly 7/8th full, tapping the pot to ensure that the compost has settled leaving no large air pockets. Give the compost a good drench of water, but not a soaking.

Using a finger, gently press one broad bean (edge side/standing up, not flat side down) into the centre of the compost—about 4cm down. Tap the side of the pot to cover the bean with compost.

Label the pot with the variety and date.

Keep in a cool, light environment and keep the compost moist.

Seedlings usually appear in 14-24 days.

Step 2 Potting on Once a good root system has established (healthy white stringy roots should appear out drainage holes of pot), and there are several trusses of leaves developed, the young plants can be potted into a bigger pot where they can grow to their full potential (or into prepared soil). Use a multi purpose compost and, as a guide, pot 3 young plants into a 30cm diameter planter.

Step 2 Twigs and canes for support



Place twigs or canes around the extreme rim of the pot, tie a string net around the canes to provide a structure to support the plants to grow upwards. When the first flowers start to appear, nip out 6cm of the lead growing tip and this will help produce an earlier crop, and hopefully deter blackfly.

Keep well watered especially when the flowers start to develop.

Step 3 Harvest Beans sown from November should be ready to harvest from late June. Start picking the pods when they are still tender (about 7cm long) and cook/eat whole. The plant's foliage can also be eaten as a 'green'.



Step 2 Bean ready to 'pot on'

Podded broad beans are delicious steamed and coated in butter or try these (tasty and recommended) recipes:

<https://www.bbcgoodfood.com/recipes/2380/broad-bean-yogurt-and-mint-soup>

<https://www.bbcgoodfood.com/recipes/1508660/crostini-with-pea-pure-rocket-and-broad-beans>

For more gardening activity ideas visit <https://www.trellisScotland.org.uk/content/factsheets>
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