



Growing Together

GROW, COOK, EAT, SHARE.

Grow your own... Broad Beans

Broad Beans are easy to grow and can be sown in autumn, then onwards from late winter/early spring for a continuous crop.

They taste great in soups and stews or blanched then tossed with fried bacon pieces or feta cheese in a salad.

- ✓ Easy to grow
- ✓ Contains Vitamin B
- ✓ Contains Protein
- ✓ Contains Fibre
- ✓ Sow in spring or autumn
- ✓ Harvest in 30 weeks

From your growing pack, you will need:

✓ Compost

✓ Container



PLANT

Plant outdoors (Oct/Nov and Mar/Apr)

1. Rake the soil until even.
2. Sow seeds 5cm deep 10cm apart in rows 20-30cm apart.
3. Cover the seeds and water.

Sow indoors (Dec-Feb)

1. Sow 2 seeds separately in a small pot filled with compost.
2. Place on a windowsill and keep compost moist.
3. Plant out in the spring about 20cm apart once the soil has warmed up.



GROW

1. Once the seedlings are growing outside, cover with horticultural fleece to protect from frost.
2. Later on, support tall stems using string around tall canes.
3. Pinch out the top growth once flowers start to form to encourage the plants to bush out.
4. Water when dry and keep weeded around the plants.



EAT

1. Pick pods when they are 8-10cm long when the pods are swollen and you can feel the beans!
2. Shell the pods and boil for 2 minutes to cook.

Top tip: Make hummus by cooking, then mashing skinned beans with some crushed garlic, lemon and olive oil.