

Climbing ^{French} Beans

Climbing beans were brought from Central America by Christopher Columbus and became popular in France



Do not eat raw seed!

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Use a cardboard roll or yogurt pot and fill it with the compost. Sow your bean seeds by making a hole to the middle joint of your finger (3-4cms) and drop in your bean seed.



Remember to label them - slide the label down the inside of your pot keeping it away from your seed.

Cover with compost, water it well and place in a sunny position. After a week your beans will begin to grow.

At the end of May when it is warm they are ready to go outside.

Climbing Beans love to climb up a bamboo cane.

Use four long canes or sticks and make a wigwam tying the canes together at the top and pushing them deep into the ground



Get them used to the outdoors by putting them outside for a few hours each day for a week. Use a plastic bottle to keep off the slugs if needed.



Climbing beans can be yellow purple or green!

Dig a hole and add more compost if you have it. Plant a climbing bean plant beside each cane and watch them climb the canes. Before they produce beans they will have white or pink flowers. Each flower turns to a bean once it has been visited by a bee.

Which way do your beans climb up the canes ?



When the beans are 4 inches (10cms) long and 'snap' easily start picking them – eat the whole bean cooked lightly in water. **KEEP PICKING THE BEANS.** Do not let them get too big.

COMPETITION! For children under 12 years or any of their family

- Could you paint for us a picture with as many different fruit and vegetables as possible. Be as creative as you can. Perhaps your painting can tell us something about your favourite vegetable or fruit.
- OR collect things from your garden or your daily walk and make a face out of them. Please do not damage any plant or waste any food but you can include potato peelings and the parts of vegetables you do not eat.

Take a photo of your face and/or your paintings and send them to louisa@growinglocal.org.uk and we will share them on Facebook. We have a number of Cookbook prizes for our favourites!