

# FRENCH BEANS

## 1 SOW YOUR SEEDS

From March sow your seeds 5cm deep into pots. Only put 1 seed in each pot. Keep them warm and watered in the greenhouse.

You can start to sow them directly into beds from May to June. Sow them 10cm apart in rows that are 45cm apart.

## 2 PLANTING OUT

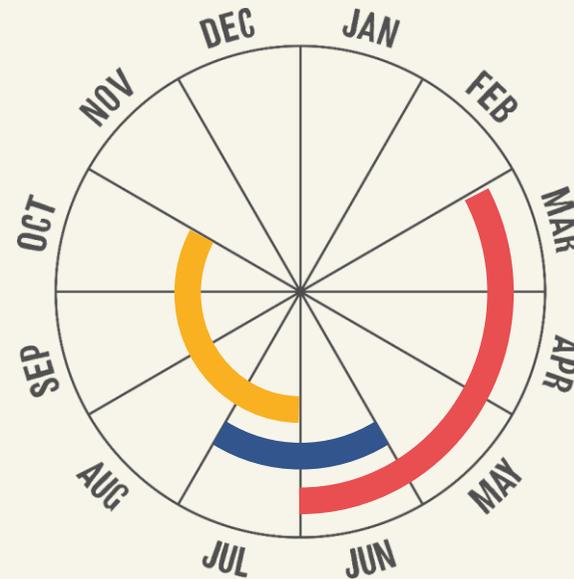
Plant your seedlings outside when they are around 8cm tall.

Plant them underneath trellis or make a bamboo wigwam for them to climb.

Tie the shoots loosely to the supports as they grow, so they don't blow over in the wind.

## 3 HARVESTING

Bean pods are ready to harvest when they are 10cm long and before you start to see the beans through the pod. Pick regularly to encourage more pods to grow.



Beans can be eaten fresh or can be dried. If you want to dry the beans, hang the plant upside down in your shed to dry them out.



Seedlings



Young plants



Ready for harvest