

# FRUITION SEEDS

guide to organically growing

# BEANS

for bush & pole beans as well as edamame

One of the longest cultivated plants, beans have provided a delectable and resilient source of protein across continents for millenia. Only the tiniest fraction of the 40,000+ bean varieties are commercially available.

'Bean' is a German term used for 1000+ years to describe fava beans, chickpeas and other pod-bourne legumes, long before the genus *Phaseolus*, what we now commonly call 'green beans' was known in Europe. 'Bean' has long been applied to vanilla beans and castor beans among so many other diverse species, so it's really quite a broad term.

What we now call 'green beans' belong to one of the five species of *Phaseolus* domesticated by indigenous peoples throughout the Americas. Their center of diversity is in what we now call Mexico, where wild vining species can still be found. For 8,000 years and counting, humans and beans have co-adapted quickly, cultivating extraordinary as well as delicious diversity. Histories of colonization have violently swept these seeds far and wide with delectable as well as dire consequences. What are the stories of the bean seeds you're sowing this season? What are the deeper stories of those stories? We'll spend the rest of our lives (un)learning and growing always with you, Friends.

## AT A GLANCE

**Latin Name:** *Phaseolus vulgaris* ('common' bush & pole beans);  
*Glycine max* (edamame); *Phaseolus coccineus* (runner beans)

**Sun:** Full

**Life Cycle:** Annual

**Ease of care:** Easy

**Direct sow or transplant:** Direct Sow

**Height:** Bush beans about 2' tall, edamame about 3' tall & pole beans 6'+ with trellising

**Container Friendly:** Bush beans more abundant than pole beans in containers

**Microgreens:** No

**Sprouts:** No

## TYPES OF BEANS

**Bush vs Pole:** Bush beans are one of the easiest vegetables to grow, only getting about two feet tall. Pole beans are also easy, though they require solid 5+ foot tall trellising, which corn and sunflowers can provide as easily as wooden or metal stakes. In terms of harvest, you can expect a similar quantity from both. Here's the difference: The bush bean will bear their abundance in a few concentrated weeks while the pole



*There is a bean for every style, every taste, every climate and every kitchen. Enjoy cultivating and savoring their extraordinary diversity! Each year we grow our favorite beans as well as varieties we've never tasted before and it's one of our greatest joys in our garden.*

bean will offer abundance throughout the season.

**Color:** You'll find snap beans in all shades of green, purple, yellow and the occasional red hue with countless variations. Alas, the purple anthocyanins are water soluble, so they will turn green when cooked. Yellow beans, however, remain yellow! Dry beans come in a much wider spectrum, spanning a nearly full rainbow of solid, speckled, striped and marbled.

**Shape & Flavor:** Classic beans (*Phaseolus vulgaris*), including yellow 'wax' beans like Gold Rush, are cylindrical and have a 'string,' with a wide diversity of flavors and textures. Wax beans are often extra crisp and sweet. The French filet or haricot vert style bean, like Tavera, is more short and slender by comparison as well as more tender, stringless with a sweet nut flavor. Romano or Italian flat beans are wider than classic beans, resulting in greater succulence and are characteristically more nutty in flavor, as well. Runner beans (*Phaseolus coccineus*) are similar to romano-style pole beans as exceptional dry beans though some are delectable in their snap stage, as well.

**Snap vs. Shell vs. Dry Beans:** Most beans have been selected to be savored at one of three stages. Snap beans are enjoyed both fresh or cooked when both the seed and the pod are immature and tender. With shelling beans, only the immature beans are cooked and eaten rather than the pod, which are impressively fibrous at the point of fresh harvest. Dry beans are harvested from golden brown pods once the beans inside are firm and fully mature. While most varieties are most delectable at one of these stages, there are some varieties that are truly exceptional in all of these life stages, like our Black Coco bush bean.

**Edamame:** Simply a soybean pod harvested green rather than gold, we love edamame just as the pods are beginning to plump with the sweet, tender beans inside. We've found the best flavor and texture window is brief, about ten days, and 80% of the pods mature in tandem, so once



*If you'd love to harvest beans all season long, pole beans you only need to sow once while bush beans you'll need to sow multiple successions of. After final frost we sow our first succession and sow every 3 weeks until 3 months before first frost, about mid-July here in Zone 5.*

your edamame is flowering, pay close attention to their delicious development.

**And Beyond:** Yard-long or asparagus beans (*Vigna unguiculata*) are delectable pole beans with long pods easily reaching over one foot. Hyacinth or lablab beans (*Lablab purpureus*) are gorgeous and though many parts of the plant are edible with appropriate processing, the only part we enjoy are the soft blossoms that taste like lilac honey.

## ❧ SOW ❧

**Direct sow/transplant:** Beans thrive most when their roots grow undisturbed, so direct sown roots are healthiest and thus most abundant.

**Common mistakes:** **Sown too early,** beans often rot cold soils. Beans with dark seed coats tend to germinate better in slighter cooler soils compared to their light-coated kin, though only by a week or so. **Crowded beans** result in reduced harvests as well as increased disease susceptibility, so ample space between plants is essential for abundance, so be sure to thin early & often, ideally as first leaves are emerging, before any leaves are overlapping. Once beans begin to mature seeds, they focus on maturing those seeds rather than producing more pods. If you'd love your plants to continue producing an abundance of snap beans be sure to harvest early and often, including those who are becoming fibrous and tough, even if you simply toss them on your compost pile.

**Days to germ:** 8 to 10 days when soil is 70 to 80°F. At lower temps, bean seeds often take longer to germinate and soil less than 60°F can quickly rot seeds.

**When:** Beans flourish in the warmth of summer, so sow your beans directly in the ground no earlier than last frost. Varieties with dark seed coats germinate decently in cooler soils than those with lighter seed coats, though we rarely sow them more than a week or so earlier than final frost. Here in the Finger Lakes, Zone 5, we typically sow our first succession of beans on Memorial Day.

Pole beans you'll plant just once, when the soil is finally warm right at or shortly after final frost.

Bush beans, at the earliest, may be sown around final frost and as late as three months before final frost, mid-July for us here in Zone 5. Sow anytime in between to enjoy a consistent harvest til frost in fall! We aim for three weeks between successions.

**Spacing within rows:** Sow one seed every 3 to 4 inches, thinning to 1 plant every ~6 inches once cotyledon leaves have emerged.



*Corn and sunflowers provide marvelous trellising for pole beans as easily as wooden or metal stakes. However you trellis your pole beans, just make sure your trellising is strong and at least 5 feet tall. Don't forget your garden fence is a brilliant trellis! We find it easiest to establish trellising prior to planting. Also, interplanting dill, cilantro, arugula and other quick-growing leaves between your bean rows is a delicious companion planting. Fun fact! Beans are heliotropic, meaning their leaves (the original solar panel!) track the sun all day. At night, bean leaves fold inward slightly, allowing humidity to escape their dense foliage, reducing disease susceptibility.*

**For Pole Beans:** sow seed every 3–4 inches along a fence (thinning to 1 plant every ~6 inches) or 3 seeds per teepee pole. Trellis at least 5' high with the strongest material you can find and ideally as soon as you sow.

**Spacing between rows:** at least 18 inches

**Seeding depth:** 1 inch

**Trellising Pole Beans:** Corn and sunflowers provide marvelous trellising for pole beans as easily as wooden or metal stakes. However you trellis your pole beans, just make sure your trellising is strong and at least 5 feet tall. Don't forget your garden fence is a brilliant trellis! We find it easiest to establish trellising prior to planting. In the case of a living trellis like corn and sunflowers, sow three beans six inches away from each stalk two to three weeks after you've sown your trellis crop. If you're growing a 3 sisters garden, sow your winter squash seeds at the same time you sow your pole beans.

**Inoculation:** Beans have an ancient and extraordinary relationship with remarkable nitrogen-fixing bacteria, where the bacteria turn ('fix') atmospheric nitrogen into bioavailable nitrogen for the beans while the beans share photosynthetic sugars with the bacteria. Beans (and all plants in the legume family) thrive in the presence of these bacteria, which are remarkably ubiquitous in soils across the globe. To be sure they're present in your garden you can 'inoculate' your beans, coating them with the bacteria prior to planting. It's easy! Once you've in-

roduced these beneficial bacteria into your garden, they will be present for all beans for generations to come.

**Succession sowing:** We only plant pole beans once, since they share abundance throughout the season. Bush snap beans bear their abundance in a few concentrated weeks, making for boom and bust cycles if you're not succession sowing. If you're looking to harvest beans all season long, sow your first succession of bush beans around final frost. Sow again every 3 weeks until about three months before fall frost, so there is plenty of time for your final succession to mature. Here in Finger Lakes of New York in Zone 5, we sow our final succession of bush beans in mid-July.

**Companion planting:** We love to sow baby greens in rows between our beans, especially of herbs like dill and cilantro who attract beneficial insects.

Between rows of bush beans, with 18 inches between rows, there is a lot of empty space initially that will also be growing weeds. Between those rows, sow quick-growing herbs like dill, cilantro and basil as well as baby leaf greens like lettuce, arugula, asian spinach or kale. Though these are classic cut-and-come-again crops, you'll only harvest them once, about three weeks after sowing, before the canopy of your bush beans outcompetes all their light. It is so worth it!

You can also sow & enjoy baby herbs and greens around pole beans: With even more sun filtering through the foliage, you can often enjoy two to three harvests.

## CULTIVATE

**Soil:** Sow beans in fertile, moist and well-drained soil with a pH between 6.0 and 6.8. Beans thrive in a broader range of soils than broccoli, tomato and other 'heavy feeders,' since they are able to 'fix' their own nitrogen in symbiosis with remarkable bacteria.

**Fertility Considerations:** Fun Fact! Beans, along with their countless cousins in the massive and diverse legume family, create their own nitrogen. This allows beans to make do and even thrive in average, less fertile soils.

Sow with inoculant (microbe-rich powder full of their symbiotic, nitrogen-fixing bacteria) to increase health and yield, especially if you're planting legumes in a place that may not have grown legumes for a decade or more. If legumes have grown there more recently, you likely have an abundance of symbiotic bacteria still residing in your soil.

As with all crops, be sure to test your soil, if you haven't in the last year; our *Soil Testing Made Simple* blog will set you up for success. While beans fix their own nitrogen, they need to be provided with all the plant nutrients that other crops require.

**Thinning:** Once true leaves emerge, thin to about six inches between plants.

**Weeding:** As with all direct-seeded crops, it's important to stay on top of weeding as plants are emerging to give seedlings the chance to grow without competition. Once plants are established and won't be hindered by it, mulching is an excellent way to reduce weed pressure while retaining moisture.

**Feeding:** As with all plants in our gardens, we foliar feed our beans every two weeks to surround them with all the nutrients they need to grow healthy and abundant. Dilute fish emulsion, compost tea and worm castings tea are all excellent sources of organic fertility as both foliar feed and root drenching.



*For millions of years beans have co-evolved with rhizobia bacteria, exchanging the bean's photosynthetic sugars for biologically available nitrogen that the rhizobia transform or 'fix' from atmospheric nitrogen. It's such a profound symbiosis that the beans harbor the rhizobia not just adjacent to their roots but literally envelope the bacteria in their root tissue. If you'd love to see this symbiosis at work, dig your bean roots & look for knobby nodules. Slice those nodules in half: If they're white inside, there is plenty of nitrogen in your soil and the rhizobia are not transforming much atmospheric nitrogen; if they're pink, they are actively fixing lots of nitrogen for your beans!*

**Containers:** Both bush and pole beans may be grown in 10+ gallon containers, though we find bush beans to be more easy to grow as well as abundant in containers. Bush beans are often easier to harvest in containers compared to pole beans & once they've finished producing, we pull them out to grow more carrots, beets, greens or basil. If you are growing pole beans in containers, grow 2 to 3 plants in the center, 6 inches away from each other, with quick-growing cut-and-come-again greens and herbs along the outer edge of the container. Enjoy our free *8 Keys of Container Gardening* Mini-Course for more tips like this! As bean abundance wanes, they are becoming hungry. Be sure to fill your container with nutrient dense, slow-release fertility and foliar feed with fish emulsion or compost tea to keep your plants healthy and abundant.

Though similar to bush beans, we don't recommend growing edamame in containers unless you offer them 15 or more gallons of soil and abundant fertility. They'll grow with less though you'll likely be disappointed by your (lacking) harvest.

**Pests:** Here in the Northeast, we have three main 'pest' insects to scout for. First, the Mexican Bean beetle is beautiful, like a shiny copper ladybug with black spots. Both their larval and adult phases munch beans relentlessly to the point of 'skeletonizing' their leaves. The easiest way to prevent them is to scout for & squish any you find at any life stage. You'll find their pale yellow-orange eggs, laid in clusters of 40 to 60, on the underside of leaves. If you find their yellow-orange-green larva with characteristic branched 'spines,' squish them, too! You're not alone: Many beneficial insects predate Mexican Bean beetles, especially their eggs and larvae, including soldier bugs and parasitoid wasps.

Second, aphids love the shade and humidity under leaves of bush beans. Though generally not a detriment to your beans directly, aphids may transmit Bean Mosaic Virus. To learn about the aphid life cycle and approaches to organic management, hop on over to our blog, *3 Ways to Prevent & Control Aphids Organically*.



*Squish any Mexican bean beetles you find, in any life stage! And you are not alone: Many beneficial insects predate Mexican Bean beetles, especially their eggs and larvae, including ladybugs, soldier bugs and parasitoid wasps.*

Lacewings, ladybugs & assassin beetles munch leafhoppers ravenously; squishing and spraying with insecticidal soap is often the best way to control leafhoppers organically.

**Diseases:** Bean Mosaic Virus is transmitted through aphids. Most easily prevented by planting resistant varieties, symptoms are most often an irregular mosaic pattern of light yellow and green discoloration along leaf veins. Foliage may also warp and pucker. Do your own research as well as share photos with us as well as your regional cooperative extension, if you're concerned. It's best to immediately remove & bury affected plants in active composts: less than 120°F, Bean Mosaic Virus will not decompose in your compost.

Anthrachnose is a fungal disease affecting peppers, tomatoes, pumpkins and spinach as well as beans. The sunken black lesions produce salmon-colored spores in humid con-

ditions. Overwintering in soil and plant residue, rotating crops and removing plants at season's end makes a huge difference. Mulch also prevents soil-borne spores from being splashed up onto leaves and remove any infected plants to bury in an active, hot compost.

White mold is another fungal disease that will decrease your bean harvest and Friends, it is so preventable! Prevalent in over-crowded beans with abundant leaf humidity, you'll notice moist, soft lesions on leaves, branches, stems and pods which enlarge into a watery, rotten tissue mass covered in a white, moldy growth. Prevention is by far the best cure, so resist being in your garden when everything is wet. Additionally, remove affected plants and immediately bury in an active, hot compost. Left in your garden, dense black 'scerotia' will form and drop into the soil, releasing spores for many seasons to come, so be sure to remove any & all affected plants as quickly as possible.

Here are the easiest ways to prevent disease in all plants: Nutrient-dense soil grows healthy plants with vigorous immune systems; overcrowded plants are more susceptible to disease; water soil rather than leaves in the morning rather than evening to reduce leaf humidity. Resist touching plants that are wet; crop rotation always helps. Finally, disease-resistant varieties make a huge difference, though even disease-resistant varieties may not thrive with cultural practices.

**Season Extension:** Beans are quite cold-sensitive, so it's best to plant your successions such that your harvests will mature well before frost. That being said, if a frost as well as your harvest is imminent, bedsheets thrown over to protect from frost overnight and heavy floating row cover over hoops will extend their abundance, as well.

**Harvest:** The number of days from sowing to snap/shell/dry stage depends on the variety, so pay attention to variety descriptions and know they are estimations: Variables such as a temperature, water and available nutrients dramatically affect days to harvest.

## HARVEST

In terms of harvest, you can expect a similar quantity from both bush beans and pole beans. Here's the difference: the bush bean will bear their abundance in a few concentrated weeks while the pole bean will offer their abundance throughout the season. If you're making dilly beans or freezing beans to enjoy over the winter, the concentrated harvest of bush beans will be so satisfying.

For **snap beans**, harvest young pods before the beans inside swell. Once pole beans begin to mature seeds, they don't produce as many flowers, so the more snap beans you harvest, the more flowers and thus delectable snap beans will surround you. Yellow beans are green before they rip-

en to yellow. Also, the contrast of purple beans in green foliage makes them easier to harvest than green beans. A final note on purple snap beans! The rich anthocyanins creating their purple hue are water-soluble, so cooking renders them green, alas. Yellow beans will remain yellow, however!

For **shelling beans**, harvest just before pods loose their fleshy succulence and turn gold.

For **dry beans**, harvest pods once they have dried gold on the plant. Allow to dry further inside if necessary before shell and discarding the pods. Store in an airtight container.

**Edamame:** Harvest young pods just as beans swell inside. You've got about a week to harvest edamame before the beans inside begin to turn tough. We like to harvest an entire plant all at once; though some pods are larger than others, we relish the diversity of sizes and subsequent nuances of flavor.

## SEED SAVING

**Life cycle:** Annual

**Self or cross-pollinated:**

Classic beans and edamame, *Phaseolus vulgaris* and *Glycine max* respectively, are profoundly self-pollinated, pollinating themselves before each flower even opens. As a result, different varieties may be grown adjacent to each other and their saved seeds will grow true to type. Runner beans, *Phaseolus coccineus*, may both self-pollinate as well as cross-pollinate with attentive insects, so we grow separate runner bean varieties at least 50 feet from each other.

**Qualities to select for:** First and always, flavor! We also love to select for earliness, pod color, seed color, pod texture, seed texture, disease resistance, plant architecture. What else is important for you? Select for it!

**Wet or dry seeded:** Dry

**When to harvest:** Once pods turn from green to gold and have fully dried down on the plant, about 6 weeks after snap stage, harvest your pods on a warm, dry day.



*Beans are one of the easiest seeds to save and we hope that you do! You'll be joining 8000+ years of visionary ancestors, both plant and human, who were hopeful despite adversity and chose to believe in abundance and possibility rather than scarcity and fear. Opening up each gift of a golden pod never ceases to bring us to our knees.*

If you have a lot of plants to harvest, clip them just above the soil and hang them upside down in a warm, dry place with plenty of airflow. Once the plants have thoroughly dried, remove the pods. In humid climates, golden pods will quickly discolor and decompose, so harvest promptly. If your pods are becoming discolored, check the beans inside to be sure they are not discolored, as well. If they are, resist saving them for seed though they are still edible, if the discoloration is only in the seed coat.

**Seed Cleaning Notes:** Open your dry, golden pods by hand or, if you have a small ocean of them, wrap them in a clean, hole-free tarp and have a dance party on top, making a 'bean burrito' as our seed mentor Don Tipping loves to call it. Remove the largest stems by hand, then use screens and fans to separate the seed from the chaff.

**Seed storage & viability:** Stored in optimum conditions, bean seeds hold their germination for 5 years and often longer. Enjoy our Secrets of Seed Storage blog for more tips, including keys if you're freezing seeds.

## BEST OF THE BLOG

7 Seeds to Resist Transplanting

Timing is Everything: Fruition's Seed Starting Calendar

Ideal varieties for Container Gardening and Raised Beds

Successful Succession Sowing in July

5 Tips for Growing Great Beans

6 Easy Seeds to Direct Sow in June (& How to Transplant, If You Must)

10 Easy Seeds to Sow in May

What We Just Learned About Final Frost (& Happy Memorial Day!)

Fruition's Guide to Companion Planting

3 Ways to Prevent & Control Aphids Organically

*Enjoy our Seed Starting Academy for step-by-step video tutorials to surround you with abundance.*

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## OUR VARIETIES: CLASSIC BUSH BEANS



### ORGANIC PROVIDER BUSH SNAP BEAN

Provider is perhaps the most dependable green bean you're likely to find, as early as she is abundant. Aptly named, we appreciate Provider's ability to germinate in cold soils, often planted

and thriving up to two weeks earlier than most varieties. If you're canning, freezing and pickling and beyond, Provider's concentrated production and disease resistance are a dream. She's our go-to for Dilly Beans, without a doubt.



### ORGANIC GOLD RUSH BUSH WAX BEAN

If you haven't fallen in love with wax beans, you likely haven't grown Gold Rush. With a sweet tenderness unusual in a string bean, Gold Rush has been one of our favorites for over a decade. We've been sav-

ing the seeds of the plants holding their flavor and tenderness longer in the garden, widening her harvest window across the seasons. Plus resistance to Bean Common Mosaic Virus: Gold Rush will be one of our favorites always!



### ORGANIC ROYAL BURGUNDY BUSH SNAP BEAN

Gorgeous and delicious, we love to harvest each long slender pod savoring rich flavor both fresh and cooked. And great news! Royal Burgundy germinates better than most in cool soils and is

one of our most abundant bush beans with a wider harvest window compared to Provider. I do have sad news for you, though: Royal Burgundy's glorious color fades to green when cooked for longer than thirty seconds. Which is so fun to watch! Enjoy every moment of witnessing this remarkable plant's life.



### ORGANIC JADE GREEN BEAN

We love these long & exceptionally tender green beans! Jade is abundant & easy to grow with resistance to mosaic virus, bacterial brown spot & rust allowing her to thrive in a wide range of growing conditions,

quickly adapting as our climates change. Provide is a full-size green bean with average flavor, Tavera is a more petite French filet-style bean with exceptional flavor and Jade is the best of both worlds, full-size with lovely tenderness and incredible flavor.



### ORGANIC TAVERA BUSH FILET BEAN

Had we but one bean to eat all summer, this surely is the one. Exceptionally tender, stringless and nutty-sweet, Tavera is simply luscious. (This style bean is especially popular in France where

it has been selected for centuries, known fondly as French Filet or 'haricot vert.')

Beyond simply delectable, Tavera is a very compact and high-yielding variety as well as resistant to Anthracnose and Bean Common Mosaic Virus. Truly, she's exceptional.

## OUR FAVORITE RECIPES

*Steamed or Seared Snap Beans with Garlic & Summer Savory*

*Schezwan Fried Snap Beans*

*Roasted Cherry Tomatoes & Snap Beans with Garlic*

*Roasted Garlic & Dry Bean Dip*

*Steamed Edamame with Sea Salt*

## OUR VARIETIES: ROMANO BUSH BEANS



### ORGANIC DRAGON TONGUE BUSH SNAP BEAN

There is a sweetness in this bean that brings me to my knees. And, they're purple! Also, they're so satisfyingly tender yet crunchy even as they lengthen six inches, eight inches and often more. Dragon Tongue are so easy to grow and their vivid purple makes them easy to harvest in their sea of green. If you crave the nutty succulence of romano-style beans and love the crisp snap of a wax bean, Dragon Tongue will quickly become one of your favorite beans, too.



### ORGANIC SEQUOIA BUSH ROMANO BEAN

HEIRLOOM We've never seen or tasted a bean quite like this: Sequoia is velvety smooth and luminescent purple, tender yet meaty, savory yet sweet. She's well adapted to cool, short seasons after many years of being selected by our dear friend Owen of Annapolis Seeds, in the heart of Nova Scotia's Annapolis Valley. Owen gifted Matthew and I these seeds in 2013 and we were instantly smitten at first sight and bite!



### ORGANIC BLACK COCO BUSH SNAP & DRY BEAN

HEIRLOOM We hope we're never on a desert island with a handful of seeds, but if we are, we're bringing Black Coco. Most beans have been selected to excel in one of three stages: snap, shell or dry. And we all know how to finish the phrase, 'a jack of all trades...' but truly, Black Coco marvelously masters all three. First, you'll harvest a lusciously satisfying green Italian flat bean. Ten days later, you've got fat, easy to peel shelling beans and finally your green pods turn gold, bursting with huge marbles of delicious black beans ready to feed you all winter. .

## OUR VARIETIES: CLASSIC & ROMANO POLE BEANS



### ORGANIC TRIONFO VIOLETTO SNAP POLE BEAN

HEIRLOOM We've loved this heirloom for decades though the French have loved it for centuries, saving the seeds of these exquisitely sweet and nutty, juicy-crisp beans for all generations to come. Her long, slender pods are vivid burgundy and thinner than a pencil, almost always the first pole bean we savor each season! Trionfo Violetto's deep purple stems, leaf veins and rich lavender flowers, often accompanied by hummingbirds, contrast gorgeously with her heart-shaped and deep green foliage, as well.



### ORGANIC PINK-TIP GREASY POLE SNAP BEAN

HEIRLOOM If exquisite flavor is why you garden, Pink-Tip Greasy will not disappoint you. We first fell in love with this bean before we even ate them, their petite pods borne two at a time so each laden vine is covered in leaping green lederhosen! And then we ate them. These pods are so small (the length of a little finger) and so tender, their fresh nuttiness full of a rich, sweet flavor that we've never tasted so dramatically in a bean. They are our favorite snap beans for salads, without question, and though they are two weeks later than our other pole beans they are oh so worth the wait and endlessly productive, to boot.





**ORGANIC NOR'EASTER POLE BEAN**

**HEIRLOOM** The earliest romano-style pole bean we've found, Nor'Easter is incredibly succulent and sweet as well as lusciously long, often 8" or more before turning fibrous. We love

their pale purple flowers attracting hummingbirds and butterflies! As with all pole beans, once Nor'Easter begins to mature seeds, they don't produce as many flowers, so the more snap beans you harvest, the more flowers and thus delectable snap beans will surround you.

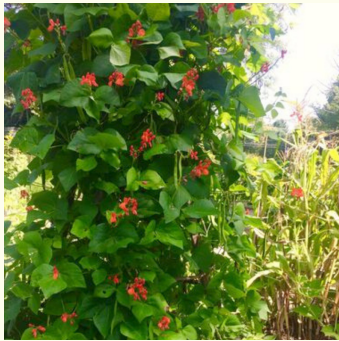


**ORGANIC SUPERMARCONI POLE ROMANO BEAN**

**HEIRLOOM** We love the walls of vivid green, heart-shaped leaves studded with deep violet flowers turning into cascades of long, luscious romano beans, wide and

sweet. Supermarconi green pods stay tender and sweet longer than most as they lengthen to six inches, eight inches and often more. And if you miss them as a green bean, their marble-sized black beans are delectable all winter, as well.

**OUR VARIETIES: RUNNER POLE BEANS**



**ORGANIC SCARLET EMPEROR RUNNER POLE BEAN**

**HEIRLOOM** Hummingbirds love the crimson flowers of Scarlet Emperor. The heart-shaped foliage grows 10' tall and higher, quickly becoming a

tower of gorgeous scarlet flowers. The pods are massive and super sweet as well, often growing over a foot long before becoming fibrous.



**ORGANIC CHOCOLATE RUNNER POLE BEAN**

**HEIRLOOM** Exquisite and unusual, we first fell in love with this Chocolate Runner as a handsome handful of gorgeous, glossy seeds. Her tall, vigorous vines have

huge heart-shaped leaves and when they bloom we again soon: each flower is both scarlet and rose, attracting butterflies and hummingbirds to their cascades of blooms. The small snap beans (4 inches or less) are tender and sweet but quickly turn fibrous as they swell to 8+ inch pods full of beautiful dry beans.

**OUR VARIETIES: EDAMAME**



**ORGANIC BUTTERBEAN**

Sweet and buttery, this is the most flavorful edamame we've found. And so easy to grow! Marvelously abundant, each plant is loaded with 3-bean pods with over a week of prime edibility, a longer window than most varieties. If you've always wondered if home-grown edamame is better than at stores or restaurants, know this: Each year we grow several hundred plants just for ourselves. We enjoy edamame salted & steamed on summer evenings and fill our (three!) freezers with edamame to enjoy all winter long.

**PRESERVING THE HARVEST**

*Dilly beans with an abundance of dill and garlic are hard to have too many of! Each year we also freeze many gallons of snap beans, just be sure to blanch them first so their fibers won't become tough in the freezer. Dry beans effortlessly store themselves, just be sure to keep them in a rodent-proof container.*