



SNAP-Ed

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Growing in Washington

Bush and Pole Beans

Quick Garden Tips

- 1 Bush and pole beans are from the wax bean family and are easy to grow—great for beginning gardeners. The big difference between them is that pole beans need support to grow.
- 2 Plant the seeds in the garden about 1 inch deep. The seeds are best planted directly into the garden.
- 3 Space bush beans 6 to 12 inches apart. Space pole beans 4 inches apart and use a trellis for support.



Season and Location



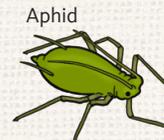
- ☼ Plant bush beans in full sun. Some shade is okay for bush beans, but yield (amount grown) will be reduced.
- ☼ Water early in the day.

Container Gardening

- ☼ Use at least a 5-gallon container. Larger containers will enable better growth, and will make it easier to maintain moisture in the container.
- ☼ Pre-sprout seeds before planting, to increase success. Plant one pre-sprouted seed or one seedling per container.
- ☼ Make sure your container has small holes near the bottom to allow water to drain, or the roots may become water-logged.

Key Pests and Diseases

Mexican bean beetles and aphids are common pests. Avoid wetting the leaves to prevent disease.



Not to scale



Mexican Bean Beetle

Washington Gardening Calendar for Beans

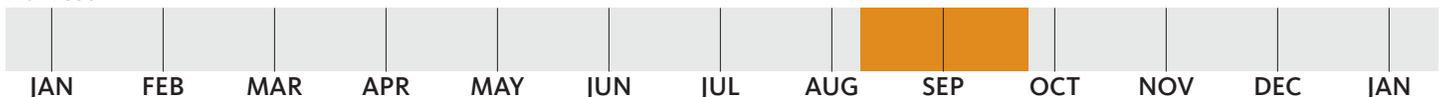
Seedling



Transplant



Harvest



Adapted from WSU Extension Publication EM0575E.

Some Types to Grow

Bush: Tendercrop, Slenderette, Oregon Trail, Jade

Pole: Blue Lake, Romano, Kentucky Wonder



When and How to Harvest

- ✿ Overall, the beans are ready to pick when they are about as thick as a pencil and before the pods fill out.
- ✿ Harvest them by holding the plant with one hand and pulling the beans off with the other hand.
- ✿ Pick often to help the plant produce more beans. Look carefully to find beans that are hidden in the leaves.

Storage and Cooking

- ✿ Store the beans in a plastic bag in your refrigerator for 7 to 10 days.
- ✿ You can eat them raw, steamed, boiled, roasted, sautéed or stir-fried, or use them in salads and soups.



Honey Mustard Green Beans

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Makes: 4 cups

Ingredients

- 1 Tablespoon **prepared mustard**
- 3 Tablespoons **honey** or **brown sugar**
- 3 Tablespoons **vinegar** (any type)
- 4 cups cut **green beans** (fresh and cooked, frozen and thawed, or canned, drained and rinsed)

Directions

1. Wash hands with soap and water.
2. Heat a medium saucepan or skillet over medium-low heat. Add mustard, honey and vinegar and mix well. Cook until the sauce boils and thickens, about 10 minutes.
3. Add the green beans and stir to coat evenly. Cook until the beans are heated through. Serve warm.
4. Refrigerate leftovers within 2 hours.

Notes

Honey is not recommended for children under 1 year old.

