

Grow Your Own... Broad Bean Dip

Broad bean dip

Serves: 15

Time: 10 minutes

Difficulty: Easy

Ingredients

- 600g broad beans
- 2 tbsp dill or parsley
- 2 cloves of garlic
- Juice of one lemon
- 6 tbsp crème fraiche or tahini
- Salt
- Freshly ground black pepper

Equipment list

- Large saucepan
- Colander
- Food processor
- Lemon juicer
- Small bowl
- Tablespoon
- Kitchen knife
- Chopping board
- Serving bowl

Method

1. Cook broad beans in a pan of boiling water for 3 minutes. Drain and refresh in cold water.
2. Juice the lemon, peel the garlic, and wash the herbs.
3. Place the cooked broad beans, lemon juice, garlic, herbs and crème fraiche in a food processor and blend until smooth.
4. Serve as a dip, hummus or sandwich filling.

Growing your broad beans

When to start: Early to mid-March
(to harvest end of June)

Average time to harvest: 12-16 weeks

Suggested varieties: Bunyards Exhibition, Express, The Sutton

Yield: 20 plants will yield around 2-4kg

Sow

1. Choose a sunny site outdoors. Prepare soil by clearing weeds and raking over the site. Incorporate compost if needed.
2. Sow seed beans 2cm deep leaving 20cm between each bean. Ideally, sow seeds in two parallel rows. Water well. Broad beans can also be grown in deep containers.

Grow

3. Keep plants watered in dry weather. Remove weeds and stake if needed. Pinch out shoot tips to deter black fly.



Growing your dill

When to start: Mid March to mid-April
(to harvest end of June)

Average time to harvest: From 8 weeks

Sow

1. Choose a sunny site outdoors. Prepare soil by clearing weeds and raking over the site. Incorporate compost if needed.
2. Sprinkle seeds across the surface of the soil, and cover with a light layer of compost. Water well.

Grow

3. Water in dry weather to help avoid plants flowering prematurely ('bolting').

Eat

4. Pick young leaves for use fresh or for drying.

Tip: Don't forget to label your seeds after sowing! Include the name of crop, variety, and the date on which you sowed them.

