

Unusual crops to grow

Cut out to
make your
own seed
packet!

Yard Long Beans

Latin name: Vigna sesquipedalis

Origin: East Asia (China)

Plant family: Fabaceae (treat as peas and beans)



Picture Credit: Garden Organic/SowingNewSeeds

A great alternative to the runner bean - very similar to grow but it does need a warm, sheltered position in the garden or even a greenhouse. Originally a dry season tropical crop. Its Latin name means 'a foot and a half', the length a pod normally grows!

Learning activity: investigate

- Experiment with different types of supports.
- Run a competition for the most unusual (but practical) support for the beans to grow up!

Growing instructions

- Treat like a runner bean, but one that needs a very warm, sheltered and sunny position. Start in pots. Plant out after frosts.
- They are used to growing in dry conditions so do not need overwatering.
- Pick young regularly to avoid them getting tough.
- Provide strong structures to grow up.

Growing instructions card

www.gardenorganic.org.uk/sites/www.gardenorganic.org.uk/files/sns/factsheets/FactsheetYardLongBeans.pdf

Culinary uses

Often used in stir fries in recipes for Asia, Africa, America and Europe.



Picture Credit: Garden Organic/SowingNewSeeds

Sowing Ideas. Growing Inspiration. Cultivating Futures. www.foodgrowingschools.org

024 7621 7747 | fgslondon@gardenorganic.org.uk |  @foodgrowingschools |  @foodgrowschools