

#### Napa County Master Gardeners Food Growing Forum 05-11-2021

## Bountiful Beans & Summer Fruit Tree Pruning



#### UC Master Gardeners of Napa County http://napamg.ucanr.edu/

Our mission: "To extend research-based knowledge and information on home horticulture, pest management, and sustainable landscape practices to the residents of California and be guided by our core values and strategic initiatives."



## Don't be Prickly ... Take Our Survey!

Our follow-up survey provides us the tools we need to grow and improve the quality of our program.

To opt out of the survey, put your first and last name into the chat box.

# What's in a name?

#### Old World Beans <u>Vicia faba</u>

Broad beans (fava beans) grow wild in Himalayan foothills.

7000 years BCE, an improved type is grown in Thailand.

4000 years BCE they appear as cultivated crops in Europe.

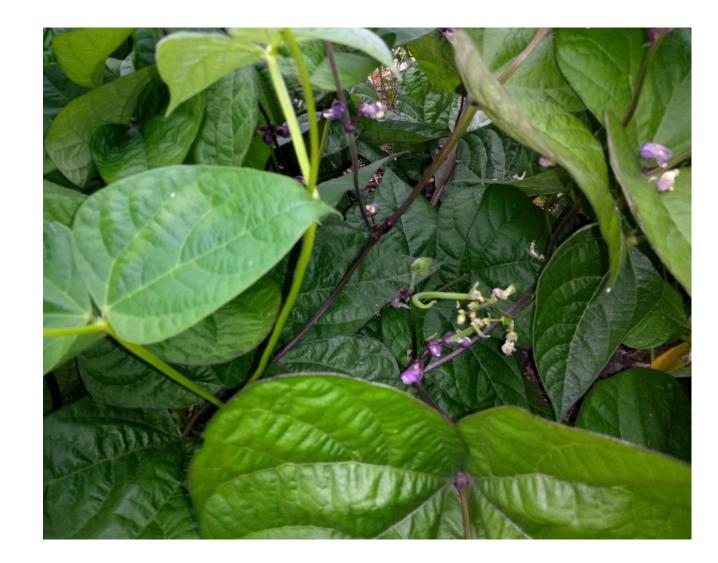


#### New World Beans <u>Phaseolus</u>

Originated in Mesoamerica and moved southward.

2000 BCE domesticated beans found in Peru archeological site.

"Three sisters" method of growing evolved.



# Most of the beans in seed catalogs are *Phaseolus vulgaris*

- Green (snap, string) beans, bush or climbing
- Green, yellow or purple
- French Filet
- Haricots vert
- Fresh shelling beans
- Dry shelling beans, like pinto and kidney beans



#### Christmas Lima Phaseolus lunatus





#### Romano (Italian flat) Beans *Phaseolus coccineus*





#### Scarlet runner beans *Phaseolus coccineus*

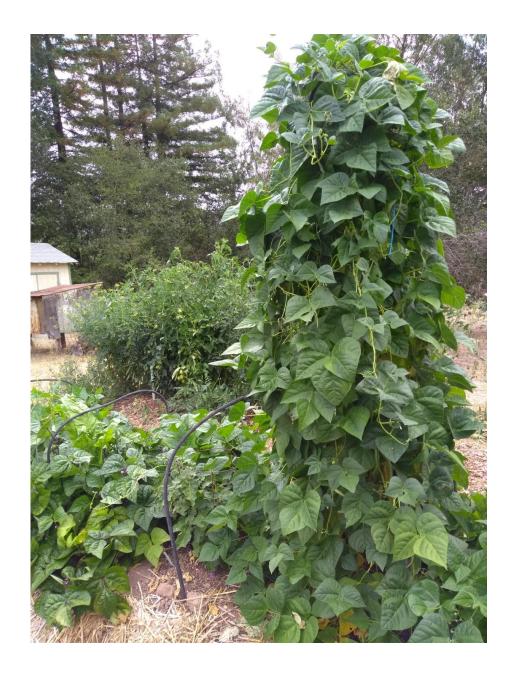


#### Other types of beans

*Vigna unguiculata* (yard long bean)

*Glycine max* (soybean)

*Cicer arietinum* (Garbanzo or chick pea)



## Beans are easy to grow from seed.

- Warm soil: 60-85 F
- Moist soil
- Fertilizer needs are low.
- Plant seeds 1" deep, 2-4" apart.
- Water them in.
- If they are pole type, set up your support at planting.

#### Sowing the seeds

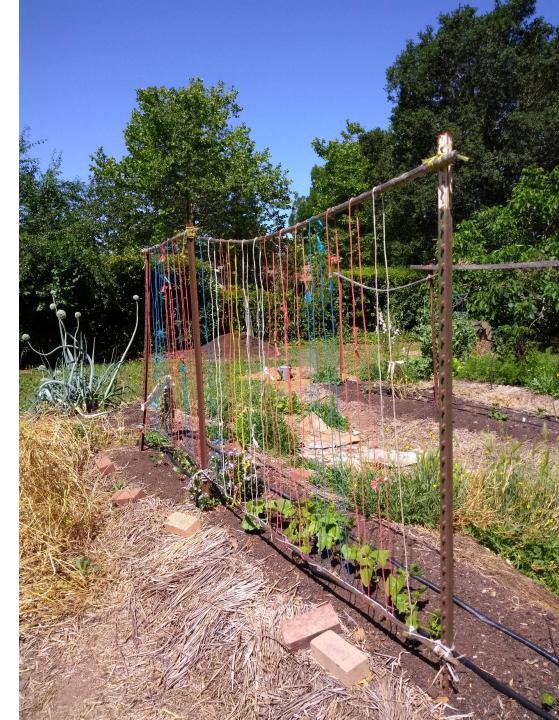




#### A purchased tuteur for climbing beans



A couple of classic ways to support pole beans



#### Plants emerge in 1 to 2 weeks.



## Protect seedlings from birds with some kind of cover.

#### Berry baskets over individual seedlings



## Row cover or netting over the whole planting



#### Care during the growing season

Water at ground level.

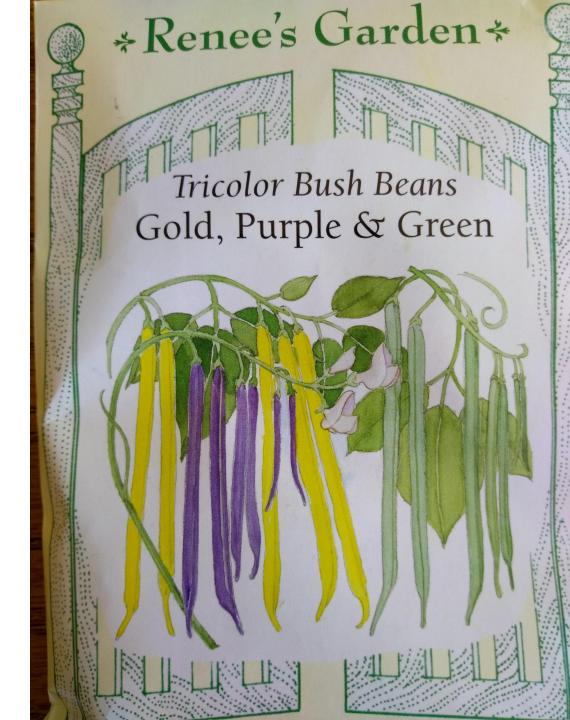
Don't wet the leaves to avoid fungal problems.

You might see some of these



#### Harvesting Green Beans

Seed to harvest about 2 months. Pick frequently while young and tender.



#### Harvesting Shelling Beans



Pods should be filled out but still green.

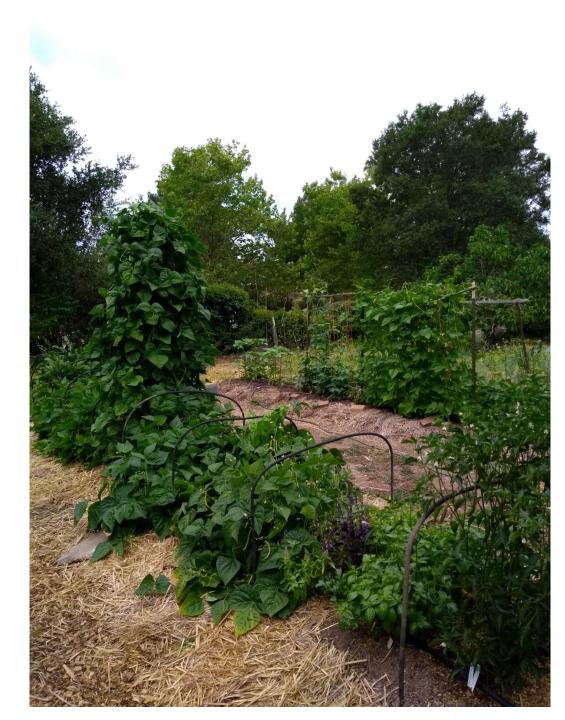
#### Harvesting Dry Beans

Leave on the vines until pods are dry and brown, about 3 months.



#### Why plant beans?

- Easy to grow
- Good as part of crop rotation
- Most are open-pollinated and you can save your own seed



#### Do beans add nitrogen to the soil?





#### Why bean seeds can be saved





#### **Questions?**

Type your questions into the chat function.

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