



Nichols Garden Nursery

1190 Old Salem Rd. NE

Albany, OR 97321

Phone: 1-800-422-3985

NicholsGardenNursery.com



Herbs, Seeds & Goods
For the Gardener Cook

Serving Home Gardeners
For 65 Years

BEANS POLE & BUSH *Phaseolus vulgaris* All the *Phaseolus* beans are native to the new world and easy to grow. These include garden beans, kidney beans and runner beans. Good source of fiber and vitamin C.

Planting Recommendations: Direct sow in spring after frost danger has passed and soil temperature is a between 60° and 85°. Plant 3/4" to 1" deep, no deeper than the size of the seed and space 4 to 6" apart. Cultivate soil by turning under a cover crop, incorporating compost or using a low nitrogen general purpose fertilizer. Keep soil moist until seed germinates, after that water moderate and regularly until harvest at which time water deep and more often. We recommend using a legume inoculant which inoculates legume seeds (peas, beans, limas) to develop the root nodules which carry the bacteria that gather free nitrogen from the air. This is converted into nutrients assimilated by the plant.

Keep beans regularly harvested because after they develop mature seeds flowering stops. After picking beans, give plants a thorough soaking which encourages the plants to put on a fresh set of blossoms and increases productivity. Avoid picking wet vines as this tends to spread disease. One pound of bean seed will sow approximately 150 to 200 feet.

History: The common bean has been in cultivation for more than 5000 years having originated in the Andes of Peru and in Mexico. Recent evidence suggests that the lima bean originated in Guatemala. From this region the bean was distributed to the Indians of the United States and was one of the staples in their diets.

General Planting Info:

Planting Depth: 3/4 to 1"

Germination Temp: Min. 60° - 85° , 80 optimum

Days to Germinate: 7-14

Growing Soil Temp: 60° to 85°

Spacing 4-6"

Planting Location: Full Sun

Seed Notes:

Seeds per ounce: Approx. 100

2 oz. packet plants 20 to 25 ft.

SCARLET RUNNER POLE BEAN

Botanical Name: *Phaseolus coccineus*

PLANTING RECOMMENDATIONS: Plant in spring after frost danger has passed and soil temperature is between 60° to 85°. Cultivate soil in the fall, incorporating a cover crop, liberal amount of compost, or manure. Apply a balanced fertilizer 7-14 days before planting. Sow seeds 1" deep and 6" apart in rows spaced at 18". Provide support for vines when plants are 3"- 4" tall. Keep soil moist until seed germinates, after that water moderate and regularly until harvest at which time water deep and more often. We recommend using a legume inoculant which inoculates legume seeds (peas, beans, limas) to develop the root nodules which carry the bacteria that gather free nitrogen from the air. This is converted into nutrients assimilated by the plant.

FRENCH FLAGEOLET BUSH BEAN *Phaseolus vulgaris*

Planting Recommendations: Direct sow in spring after frost danger has passed and soil temperature is between 60° and 85°. Plant 3/4" to 1" deep, 4-6" apart. Cultivate soil incorporating compost, cover crop or a low nitrogen general purpose fertilizer. Keep soil moist until seed germinates, after that water moderate and regularly until harvest at which time water deep and more often. We recommend using a legume inoculant which inoculates legume seeds (peas, beans, limas) to develop the root nodules which carry the bacteria that gather free nitrogen from the air. This is converted into nutrients assimilated by the plant.

Harvesting: When growing French Flageolet beans it is necessary to pull up the entire plant as soon as you see beans in the pod and hang them upside down in the shade for beans to dry otherwise you will end up with large white beans rather than the small delicate green shell beans.



Nichols Garden Nursery

1190 Old Salem Rd. NE

Albany, OR 97321

Phone: 1-800-422-3985

NicholsGardenNursery.com



Herbs, Seeds & Goods
For the Gardener Cook

Serving Home Gardeners
For 65 Years

SANTA MARIA PINQUIOT BEAN: *Phaseolus vulgaris*

Planting Directions: Direct sow in spring after frost danger has passed and soil temperature is between 60° and 85°. Plant ¾" deep, 3" to 4" apart. Cultivate soil incorporating a cover crop, compost or a low nitrogen general purpose fertilizer. Keep soil moist until seed germinates, after that water moderate and regularly until harvest at which time water deep and more often. We recommend using a legume inoculant which inoculates legume seeds (peas, beans, limas) to develop the root nodules which carry the bacteria that gather free nitrogen from the air. This is converted into nutrients assimilated by the plant.

Harvesting: Allow beans to dry on the vine then pick and allow pods to dry thoroughly. Shell dried beans and store in air tight containers.

FAVA -BROAD WINDSOR-*Vicia faba*

Planting Recommendations: Direct sow in spring after frost danger has passed and soil temperature is a minimum of 60°, 70° is optimum. Plant 1" to 2" deep, 4-6" apart. Cultivate soil incorporating compost or a low nitrogen general purpose fertilizer. Keep soil moist until seed germinates, after that water moderate and regularly. We recommend using a legume inoculant when planting. Recommend how to plant for a cover crop

SOYBEAN EDAMAME BEER FRIEND *Glycine max*

Planting Recommendations: Plant when danger of frost is past and soil is warm. (Mid-June in northern states). Sow seed 1" deep in loose, moderately fertile soil in a sunny location. Sow seeds 3" apart. Thin plants so they stand 5" apart in rows 12-24" apart. Seeds are treated with an inoculant specific to soybeans. This increases yield and growth without adding extra nitrogen to the soil.

Harvesting: To harvest at green shell "edamame stage", when pods are plump but still green, pull up entire plant. Remove pods and boil or steam whole pods for 10 minutes. Cooked pods easily split open and beans are eaten directly from the pod.

ASPARAGUS YARD LONG POLE BEAN Botanical Name: *Vigna unguiculata*

RED NOODLE YARD LONG ASPARAGUS POLE BEAN Botanical Name: *Vigna sesquipedalis*

Planting Directions: Direct sow in spring after frost danger has passed and soil temperature is between 60° and 85°. Plant ¾ to 1" deep, 3-4" apart. Cultivate soil incorporating a cover crop, compost or a low nitrogen general purpose fertilizer. Keep soil moist until seed germinates, after that water moderate and regularly until harvest at which time water deep and more often. We recommend using a legume inoculant which inoculates legume seeds (peas, beans, limas) to develop the root nodules which carry the bacteria that gather free nitrogen from the air. This is converted into nutrients assimilated by the plant. Approximately 200 seeds per ounce.

Harvesting: Keep beans regularly harvested because after they develop mature seeds flowering stops. After picking beans, give plants a thorough soaking which encourages the plants to put on a fresh set of blossoms and increases productivity. Avoid picking wet vines as this tends to spread disease.



Nichols Garden Nursery

1190 Old Salem Rd. NE

Albany, OR 97321

Phone: 1-800-422-3985

NicholsGardenNursery.com



Herbs, Seeds & Goods
For the Gardener Cook

Serving Home Gardeners
For 65 Years

WINGED BEAN *Psophocarpus tetragonolobus*

Planting Directions: Direct sow in spring after frost danger has passed and soil temperature is between 60° and 85°. Plant 1" to 2" deep, 3-4" apart. Cultivate soil incorporating compost or a low nitrogen general purpose fertilizer. Keep soil moist until seed germinates, after that water moderate and regularly until harvest at which time water deep and more often. We recommend using a legume inoculant which inoculates legume seeds (peas, beans, limas) to develop the root nodules which carry the bacteria that gather free nitrogen from the air. This is converted into nutrients assimilated by the plant.

Harvesting: Keep beans regularly harvested because after they develop mature seeds flowering stops. After picking beans, give plants a thorough soaking which encourages the plants to put on a fresh set of blossoms and increases productivity. Avoid picking wet vines as this tends to spread disease.

General Planting Info:

Planting Depth: 1-2"

Germination Temp: 60° to 85°

Days to Germinate: 7-14 days

Growing Soil Temp: 60° to 80°

Spacing: 4" to 6"

Planting Location: Full Sun

Seed Notes:

Seeds per ounce: Approx. 80

Seeds needed for a 100 ft row: 1-2 lb.

Amount to plant Per Person: 10'