



Harvest of the Month

Beans



Bean Botany

Beans are scientifically known as *Phaseolus vulgaris*. *Vulgaris* in Latin means “common” because beans are a big genus in the plant family Fabaceae. Plants in the Fabaceae family are high in protein because they have a special way of gathering and storing extra nitrogen from the soil, and nitrogen is a building block of the protein molecule. Bush beans support themselves while pole beans require a structure to climb.

Frijoles means beans in Spanish.

All About Beans!

Nutritious, Resilient, and Soil-Enhancing!

Beans possess exceptional qualities – they're rich in nutrition, simple to cultivate, can withstand drought, require minimal care, and contribute to soil enrichment. Truly a plant of wonders!



Social Science

The *Phaseolus* genera is native to Central and South America and beans have been cultivated there for over 6000 years. In Native American cooking, beans provide essential protein. Beans are now an important food crop all over the world.



Nutrition

Fresh beans are high in soluble fiber, iron and potassium.

Dry beans are very high in protein, complex carbohydrates, and folate.

Growing Tips



Planting Preparation:

Plant in warm weather (soil temp above 60 degrees.). Here in Sonoma County, plant in spring. Beans thrive in sunny spots, reflecting their tropical heritage. Skip transplanting; beans dislike root disturbance. Seed directly at around 1" depth.

Proper Spacing and Care:

Plant bush beans 4-6 inches apart. For pole beans, either encircle 4 or 5 seeds around poles or space 4-6" apart on trellises. Water minimally after germination, especially with nutrient-rich soil. Watch out for bird threats and cucumber beetles. (Cover with remay/insect netting to protect.)



Harvesting Tips:

Regularly pluck fresh beans to prevent overgrowth and to extend production. For dry beans, leave pods on the plant until they thoroughly dry out. Cease watering, await complete drying, then harvest mature beans.



Bean Art Project

Use colorful dried beans to create beautiful mosaic art by gluing beans onto cardboard following a pattern.

With their diverse colors and sizes, beans can be arranged to craft textured designs, offering a unique way to express artistry.



Cooking with Beans



Beans offer a diverse canvas for culinary creativity, presenting a multitude of ways to elevate your dishes. From hearty stews to zesty salads, beans adapt to a range of cuisines. You can blend them into creamy dips, stuff them into wraps, or mash them for savory spreads. Their rich texture makes them perfect for soups, while their protein content shines in veggie burgers. Whether as a main course or a flavorful addition, beans offer endless options for satisfying and nutritious meals.

[For bean recipes visit SGN's Cooking From The Garden page](#)

