

# ALL YOU NEED TO KNOW

**BEANS:** The Wonderful Fruit

**LATIN NAME:** *Phaseolus vulgaris*



## GETTING STARTED

Soil: Well drained

pH: between 6.0-6.8

Sun: Full sun to very light shade

Season: Warm-season crop

Aim for locations with 8 or more hours of sun a day. Beans cannot tolerate frost but prefer starting in the shoulder seasons for growth in Halton Region, as early as May, with a second crop planted in July for an autumn harvest.

## ORIGINS

- First domesticated in the Americas in Mexico, the Caribbean, and the Andes thousands of years ago.<sup>1</sup>
- Spread across the Americas, and were brought to Europe in the 1400s by Christopher Columbus.<sup>2</sup>
- Developments in the 1800-1900s made them less stringy and lengthened their harvest.<sup>3</sup>

## COMPANION PLANTS

Beans grow best with:  
sunflowers, corn,  
rosemary

## HOW TO PLANT

- Start beans indoors 3-4 weeks before the last frost.
- Planting should occur in early June, after the last frost.
- Plant seeds 5 cm / 2 inches deep and 15 cm / 6 inches apart.
- If planting pole beans, insert a trellis next to your plants so they can climb. Bamboo trellises work great for beans.
- Evenly water soil with 2.5-4cm of water each week.
- For eating, pods should be gathered before they fill with seeds, while they're still young and slender.
- Harvest throughout the summer until the first frost in the fall (they will produce all summer)!

[WWW.HALTONFOOD.CA](http://WWW.HALTONFOOD.CA)  
[GROW@HALTONFOOD.CA](mailto:GROW@HALTONFOOD.CA)



**HALTON  
FOOD**

# BEANS, BEANS, BEANS

## BEANS IN HALTON

Halton Region is home to a diverse assortment of beans that can be used for various purposes.



There are approximately 1,000 farmers commercially growing nine types of beans in Ontario. <https://ontariobeans.on.ca>



Seed savers are critical for the survival of heirloom and heritage varieties. Market gardeners and backyard gardeners help to preserve the history and flavours of these important heritage varieties.

Some beans prefer growing in hot, dry conditions; some prefer cooler and wetter conditions. It is important to maintain diversity in the crops planted rather than rely on a single type of bean for our food source.

Halton Food offers a bean biodiversity workshop for Grade 3 to 6 students in Halton.

If you are interested in learning more, please contact us at [grow@haltonfood.ca](mailto:grow@haltonfood.ca)!

**DID YOU KNOW?**  
80-90% of beans grown commercially in Ontario are exported!

## NUTRITIONAL INFORMATION

- Beans are a rich source of vitamins A, C, and K. 5
- They are naturally fat-free, cholesterol-free, and are a good source of fibre and folate. 6
- They can reduce the risk of cardiovascular disease, fight cancer, and help control diabetes when incorporated properly into your diet. 7
- Unshelled green beans can last one week in the refrigerator; they can also be blanched and frozen for 3 months.
- Make a green bean casserole, fry bodi, add them to a salad, or just eat them as a nutritious side dish!

## REFERENCES

- Albert, S. (2020). How to Grow Beans. Harvest to Table.
1. 2. 3. Bitocchi, E., et al. (2013) Molecular analysis of the parallel domestication of the common bean in Mesoamerica and the Andes. *New Phytologist*, 197: 300-313
4. (2021). Beans (Pole) Growing Guide. *GrowVeg*.
5. 6. 7. (2020). Types of Beans. *Ontario Beans: Better with Beans*.