

ANOTHER HERB HERBERT FACT SHEET

SPECIAL INTEREST HERBS

GOURMET VEGETABLES 'KENTUCKY BLUE' BEAN

Phaseolus vulgaris

The Kentucky Blue Bean was developed from two of the more popular varieties of beans; the Kentucky Wonder and Blue Lake Pole garden beans (hence the name Kentucky Blue). The Kentucky Blue bean matures earlier than its parents, taking approximately 60 days to mature.



DESCRIPTION

Despite its name, the Kentucky Blue Bean is actually green in color, with green foliage and white flowers. The bean is a pole variety, with pods being described as sweet, straight and round. Pods are usually around 6-7in/15-18cm long and are produced all throughout the picking season. This particular type of bean is a favorite amongst home gardeners due to its short growing season, making it easy to grow in any position. Kentucky Blue Beans are also packed with vitamins and minerals, making them a great addition to any healthy diet. It is said that green beans are a great source of carbohydrates, as well as being a good source of protein, Vitamin A and C, dietary fiber and beta carotene (which is said to prevent cancer and heart disease).



ROWTH

Kentucky Blue Beans do best in sandy/well drained soils with a normal to moist water range. They also like full sunlight,

with the plant growing to a height of 1.5-2ft/46-61cm. If planting in hills, leave 2.5-3ft/76-91cm between plants. If planting in rows, space rows 3 ft/91cm apart. When planting, please note that pole varieties such as the Kentucky Blue Bean require some sort of trellising system for support.



ULTIVATION

Kentucky Blue Beans are generally ready for harvest when they are between 6-7in/15-18cm long. They should be picked every 5 to 7 days as the plant will stop producing pods at such a rapid rate if the harvest is delayed and the pods are able to mature. When choosing which pods to harvest, look for beans that are firm, crisp and fully elongated, but do not have fully developed seeds. Pods should also be picked when they are completely dry, as picking beans when the plant is wet can increase the spread of disease. The beans should be stored in a cool dry area once harvested. For more cultural help see our Organic Garden fact sheets under the 'Special Interest' section of the pull down menu on the home page of our website.



USES

The Kentucky Blue Bean is a very nutritious vegetable



Any enquiries can be directed to:

HERB HERBERT P/L PO Box 24 Monbulk Victoria 3793 Australia

E-mail: herb@herbherbert.com

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