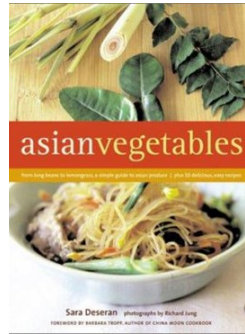
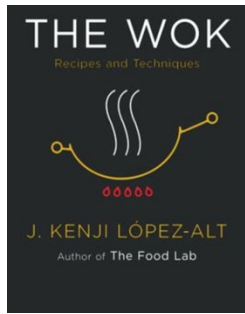


Learn More & Related Titles

Long beans are a nutritious type of legume that grow vertically on climbing vines, which can be supported by a plant cage, arbor, trellis, or fence. They grow well in the warm season and can be harvested when they are about the diameter of a pencil and about a foot long or longer. The Mosaic variety in this seed kit grows into pods in a pattern of purple, red, and green.

Also known as yard-long beans, Chinese long beans, and asparagus beans, among other names, the beans can be eaten raw or cooked and are a key ingredient in many types of Asian cuisine. They pair well with flavors such as soy and fish sauce, ginger, and garlic, and their texture is enhanced when cooked in oil.



Seed Kits:

Yard Long Bean-Mosaic (*Vigna unguiculata subsp sesquipedalis*)



Image from Kitizawa Seed Co.

The variety name, Mosaic, describes the purple, red and green colors of the pod that create a pattern.

They are most common in southern China and are highly prized because of their crisp, sweet, tender pods and generous yields.

Craft: Fragrant Simmer Pots

Refresh your home with the smells of nature using this simple craft!

Supplies:

- Mini slow cooker/ small pot
- Mint
- Rosemary
- Dried/fresh citrus
- Pine or fir needles
- Pine cones
- Cloves
- Cinnamon
- Star Anise
- Vanilla extract

Instructions:

- Choose what scent you want:
 - Lemon, vanilla, rosemary, & mint is earthy and good for daily use
 - Oranges, cinnamon, & cloves is a good fall/winter scent
 - Try pine/fir needles, pinecones, & pine essential oils is great for a cool winter's night
- To assemble:
 - Choose a medium-sized pot or mini slow cooker. Add your chosen herbs/spices/extracts.
 - Bring water to a boil, lower to a simmer.
 - Replenish water as needed!

Seed Package Instructions:

Culture: Sow April - July, placing seeds approximately 3 – 4” apart and 1” deep. Beans prefer rich, well-drained soil and full sun. If possible, train the vines on a trellis, fence, or other support structure.

Water: Irrigate as needed to keep soil moist, but not saturated, until germination (4-10 days). Thereafter, provide even moisture on a regular basis to prevent complete drying of soil.

Harvest: Beans reach maturity in about 65 days. Pick when pods reach 10—12” in length and before seeds bulge. Picking every 2-3 days will prolong production.

Culinary tips: Cut into 2” sections and sauté, stir-fry, or steam. Can be used in any dish that calls for green beans.

Share your gardening experience with us for a chance to win a prize!



GRAB AND GO CRAFTS



PLANTING LOG

PLANT NAME _____

LATIN NAME _____

EXPECTED DAYS TO GERMINATION _____

EXPECTED DAYS TO MATURITY _____

Location of Planting: _____ Date Seed Planted: _____ Number of Seeds Planted: _____ Germination Date: _____ Date of First Harvest: _____ Date of Last Harvest: _____ Pests/Problems: _____ Notes: _____	Watering Log: <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Date Watered</th> <th style="width: 50%;"></th> </tr> </thead> <tbody> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> </tbody> </table>	Date Watered																																									
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Stir-Fried Long Beans

Yield: 4 Prep time: 5 minutes
Cook Time: 10 minutes

Ingredients

1 lb. long beans, washed and trimmed to 3" pieces	2 tbsp extra virgin olive oil
2 cloves garlic, minced	1/2 cup water or vegetable stock
1 tsp soy sauce	1 tbsp oyster sauce or vegetarian mushroom sauce
1/2 kosher salt	

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|----|--|
| 1. | Heat the olive oil in a wok or sauté pan to medium heat. Add the minced garlic, stirring frequently until light golden brown, about 1 minute. |
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| 2. | Add the Long Beans and Stir-fry until the beans are slightly soft and charred in spots. About 5 minutes. Add water or stock, oyster sauce and soy sauce and mix to combine. |
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| 3. | Cover the wok or sauté pan. Let steam for 5 minutes until beans are tender. Salt to taste. |
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