

## How to grow broad beans



You can start broad beans inside in pots, or wait for the ground to warm up to plant straight into the soil. If you plant your seeds indoors, make sure to get them gradually accustomed to the outdoor temperature before planting out.

Sow the seeds outdoors at 5cm (2ins) deep. The plants should be about 23cm (9ins) apart, in blocks or in rows.

Support the growing plants with canes or strong twigs, to prevent damage from the wind. Tie your beans to the canes with garden twine or string.

When the first beans begin to appear near the base of each plant, pinch out the growing tip so that your plants don't grow any taller. This will concentrate each plant's energy into ripening the beans.

Broad beans take about 9 or 10 weeks to grow. For a regular supply, plant a few more seeds when your first batch are at least 20cm (8ins) tall.

Use scissors or secateurs to harvest your beans, starting from the bottom of the plant. For the tastiest beans, harvest them whilst the pods are still small.