

## Bean –Snake

*Vigna unguiculata var. sesquipedalis*

Snake Beans are very nutritious with a slightly sweet flavour and crunchy texture. You can use them fresh or steamed in stir-fries or curries. Each plant produces 60 - 70cm long, slender pods with multiple seeds. Pods are best picked around 30cm when the seed is smaller and more flavoursome. As a highly productive plant it can be picked for approx. 4 weeks. Sow all year round in tropical and frost-free areas. Soaking seed overnight prior to sowing helps with the up-take of moisture for germination. Best sown direct in its growing position in moist, well drained soil.

### **Recommendations:**

- To easily identify your seedlings, label your stake.
- For better results, soak your seed overnight prior to sowing.
- Keep your plant free from frost where you can.
- Ensure your soil is moist and well drained to avoid basal rot.

### **To save your seed:**

Select the strongest and most productive plant to harvest from. Let the plant mature with pods attached. The plant will eventually start to die and dry out. Allow the pods and plant to dry completely before harvesting the seeds. Store in a sealed container in a cool and dry place.

Remember to label your seeds with the name and date of when they were collected.