

# Kids Grow Runner beans

Runner beans are super easy to grow and don't take up much space. Unless you have magic beans like 'Jack and the Beanstalk' of course – then you'd need a very BIG garden!

You can grow runner beans in the ground or in a container. You can even plant them in your flower bed. Just remember that runner beans like to climb, so you'll need to give them some long sticks or canes to scramble up.

## Popular runner bean varieties

### 'Moonlight'

White flowers and almost foolproof beans

### 'Tenderstar'

Unusual pink flowers and soft beans

### 'White Lady'

White flowers and masses of beans

### 'Lady Di'

Red flowers and 30cm long beans

### 'Scarlet Emperor'

Red flowers and 35cm long beans

## Ancient crop!

People have been eating runner beans for more than 2000 years!

## What you'll need:

- Runner bean seeds
- Multipurpose compost
- Large container (if not planting in ground)
- Long sticks & string

## Why should you eat them?

Runner beans are full of vitamins and minerals. These are the things that help you to grow strong and give you energy to play:

### Vitamin A

Essential for eye, skin, bone and tooth health.

### Fibre

Keeps your digestive system in top condition.

### Calcium

Helps your bones and teeth grow strong.

### Magnesium

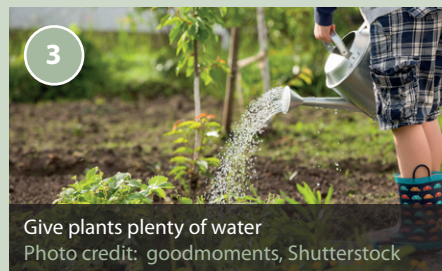
Makes your bones strong and your heart healthy.

### Iron

Gives your blood the strength to carry oxygen around your body.

### Potassium

Keeps your heart healthy and helps plenty of blood to get to your brain.



## Step 1: Get the soil ready

- Find a sunny spot where there's not much wind.
- Get the ground ready by adding compost, or if you're using a container, fill it up.
- Build a special wigwam with sticks and string for your runner beans to climb up. They get about 3m tall!

## Step 2: Plant your seeds

- Poke your finger into the compost at the bottom of a stick and make a small hole.
- Gently place a seed into the hole and cover with compost.
- Sprinkle the area with water.

## Step 3: Look after your plants

- Water your runner beans every day, as they get very thirsty.
- If your plants get too tall, pinch off the top to stop them growing.

## Step 4: Eat your beans

- Pick your beans when they get to about 20 centimetres long.
- Do this every 2 days to keep them growing.
- The more you pick the more they grow!
- Always cook runner beans before you eat them. They can give you a tummy ache if you eat them raw.