

# Pole Beans

These heirloom and ethnic open-pollinated beans grow as long vines and must be trained onto a trellis, pole or even a cornstalk in the field. Beans are easy to grow, preferring rich soil in a sunny location. Plant the seed directly into the soil 1" deep and 6" apart after frost date. A nitrogen-fixing bacterial inoculants may be added, especially in areas where beans haven't been grown before. Beans can be enjoyed as "fresh" or "snap" (picked young and eaten in the pod), "shelled" (beans mature but tender) or "dried" (beans allowed to dry on the vine).

## ‘Asian Winged Bean’

*Psophocarpus tetragonolobus*

Type: winged bean

Unique for having four winged edges on green pods.

These tropicals beans do best in warm climates. Soak seed 24 hr before planting.

Harvest pods while still immature (1-4" long) before they become tough. Use like a snap bean. Flowers, leaves and roots also edible. Cooked leaves taste like spinach.

Days to harvest: may not produce until Fall

## ‘Cherokee Trail of Tears’

*Phaseolus vulgaris*

Type: common bean

Carried during the Trail of Tears death march from Tenn. to Okla. in the winter of 1838 by the Cherokees. 6" green pods with purple overlay. Prolific, hardy.

Eat as a snap or shelled bean. Shiny jet black beans.

Days to harvest: 85

## ‘Chinese Red Noodle’

*Vigna unguiculata*

Type: yard long bean

Unique Chinese ethnic variety has 18" long deep red pods. Produces early and all summer long. Tolerates many growing conditions.

Delicious red pods keep their color even when sauteed. Better sauteed than boiled.

Days to harvest: 80

## ‘Christmas Large Speckled Lima’

*Phaseolus lunatus*

Type: lima bean

Lima bean heirloom from the 1840's grow on 10' vines. Heat and humidity resistant, high yields.

Flat beans are cream color with irregular red swirls, about the size of a quarter, have smooth texture and chestnut flavor. Use as shell or dry bean.

Days to harvest: 75-100

## ‘Climbing French’

*Phaseolus vulgaris*

Type: common bean

Very popular in the 1930's England, lilac flowers, 4-7" stringless pods.

Excellent fresh eating quality. Shiny dark purple beans.

Days to harvest: 65-75

## ‘Dow Purple Podded’

*Phaseolus vulgaris*

Type: common bean

Illinois heirloom, one of choicest pole beans. Emerges well from cool wet soil, produces dark purple flat pods on 7' vines until frost.

Tasty purple pods, eat as a snap bean.

Days to harvest: 80

## ‘Gold of Baccau’

*Phaseolus vulgaris*

Type: common bean

From Bacau, Romania, extremely productive golden Romano-type. Has 10" long, 1" wide flattened golden stringless pods.

Best eaten as fresh bean but can freeze.

Days to harvest: 60-70

## ‘Greasy Grits’

*Phaseolus vulgaris*

Type: common bean

A popular Appalachian and Mountain Folk heirloom. Smooth, shiny beans look "greasy", hence the name. Prolific vines.

Harvest pods when small to use as a green bean, or let beans mature for a brown soup bean that's easy to shell.

Days to harvest:

## ‘Jack and the Beanstalk’

*Phaseolus multiflorus*

Type: Dutch Case-knife bean

Polish heirloom that really lives up to it's name with 10-20' vines!

Snap bean, but perhaps best eaten as a shelled bean.

Large white beans make a sumptuous soup.

Days to harvest: 80-85

## ‘Kentucky Wonder (Old Homestead)’

*Phaseolus vulgaris*

Type: common bean

Very popular US variety in the late-1800's, green flat-oval 8" stringless (when young) pods grow on vigorous 7' vines. Prolific, bears until frost. Aka 'Texas Pole'.

Delicious fresh, frozen, or shelled. Brown beans.

Days to harvest: 65

### **'Kentucky Wonder Wax'**

*Phaseolus vulgaris*

Type: common bean

Prolific yields, almost stringless, an old fashioned all purpose variety with 6-9" slightly oval-shaped golden pods.

Eat as a fresh snap bean when it is tender, sweet and crisp. Light chocolate brown beans.

Days to harvest: 70

### **'King of the Garden'**

*Phaseolus lunatus*

Type: lima bean

Old favorite, this lima has 7" long pods containing 5-6 beans, record producer.

Eat as shelled, excellent for freezing. One of the largest lima beans available. White beans.

Days to harvest: 90

### **'Lazy Housewife'**

*Phaseolus vulgaris*

Type: common bean

Claimed to be first completely stringless bean, from 1810. Name probable derived from the ease of harvesting this productive bean.

Use as fresh green bean. Brittle with fine texture and fine flavor. Also very good as a shelled bean.

Days to harvest: 75-80

### **'Marvel of Venice'**

*Phaseolus vulgaris*

Type: common bean

Famous Italian heirloom with large sweet 9" long, 3/4" wide flat yellow pods. Vigorous vines, and early!

Produces sweet and juicy pods, white beans.

Days to harvest: 54

### **'Mayflower'**

*Phaseolus vulgaris*

Type: common bean

Reportedly brought on Mayflower by Pilgrims in 1620, has strings. Longtime staple in the Carolinas.

An all-purpose bean has pods have great flavor. Tasty red-white square (cut-short) beans.

Days to harvest: 100

### **'McCaslan'**

*Phaseolus vulgaris*

Type: common bean

One of the oldest heirloom varieties. 8" stringless pods are nearly round.

Meaty pods are great as a snap. Also can use as dry shelled.

Days to harvest: 65

### **'Moonshadow Hyacinth'**

*Dolichos lablab*

Type: Hyacinth Bean

Very ornamental, Asian bean has long vines, beautiful purple pods, lilac blossoms and purple stems. Thomas Jefferson planted this at Monticello!

Pods are picked when small and tender and used in stir fry. Old pods and beans may be poisonous.

Days to harvest:

### **'Painted Lady'**

*Phaseolus coccineus*

Type: runner bean

English heirloom from the late 1500's (it refers to the heavily made-up Queen Elizabeth I), red/white blossoms are extremely attractive to hummingbird moths, blooms prolifically.

Often grown as an ornamental but can be eaten as snap, shelled or dry bean. Dry beans are chocolate and tan mottled.

Days to harvest: 68

### **'Pretzel Bean'**

*Vigna unguiculata*

Type: cowpea

Heirloom grown by Amish and Mennonites in Lancaster County, PA. 4-6' vines, purple flowers and very long twisty pods.

So weird! Highly ornamental, can be used a green bean, shell bean or dry.

Days to harvest: 52

### **'Purple Podded Pole'**

*Phaseolus vulgaris*

Type: common bean

Ozark heirloom variety discovered by Henry Fields in the 1930's. Vigorous, extremely productive 6' vines produce red-purple stringless 7" long pods.

Meaty pods are eaten fresh. Blanching turns the red-purple pod light green.

Days to harvest: 68

### **'Rattlesnake'**

*Phaseolus vulgaris*

Type: common bean

This heirloom has beautiful 8" green pod mottled with purple streaks. Heat and humidity tolerant, vines 10', pods twist and snake around vines!

Great tasting pods. Dry beans (light buff splashed with brown) resemble a rattlesnake's coloration and are great in chile.

Days to harvest: 60-90

### **'Scarlet Runner'**

*Phaseolus coccineus*

Type: runner bean

From mid-1700's England, bright scarlet flowers on 18' vines attract hummingbirds. Good producer, prefers fairly cool weather.

Highly ornamental, eat as snap when pods are small or as a dry bean. Beans are large, purple mottled with black.

Days to harvest: 60-90

### **'Speckled Cranberry'**

*Phaseolus vulgaris*

Type: common bean

Slender green stringless 9" round pods, this English heirloom came to America in 1825. Often considered the 'best pole bean'

Use as green bean or shell bean at 80 days, or as a dry bean at full maturity.

Days to harvest: 60-90

### **'Sultan's Golden Crescent'**

*Phaseolus vulgaris*

Type: common bean

Prolific heirloom variety has very distinct crescent shaped golden pods.

Very distinct curly yellow snap bean is stringless. Very good taste.

Days to harvest: 75

### **'Taiwan Black Long Bean'**

*Vigna unguiculata*

Type: yard long bean

38" long pods! Collected from a Taiwanese immigrant in the 1970's, heat and humidity tolerant, long vines, heavy yields.

Stringless pods are best sauteed, not boiled. Produce black beans.

Days to harvest: