

The ***Veg of the Month*** for **November** are **beans!**

Beans, beans, beans, where to start? Well, as summer kicks in and you find yourself a little busy, at least you'll have peace of mind knowing that beans are one of the easiest and most rewarding veg to plant, requiring little effort on your part.

Broadly speaking, there are three categories of beans: French beans, Runner beans and Broad beans. Only the French and Runner beans make it to the finals this month as they are summer veg (Broad beans are for the cooler months).

Runner (aka pole) beans produce twice as much yield as French beans and for a longer period. French (aka dwarf or bush) beans, however, bear earlier into the season. Runner beans require a tripod, trellis or form of support to climb up whereas only some French bean varieties do. Runner beans have a stronger taste and a tougher pod compared to French beans.

Don't plant your beans near onion or garlic as they are not the best of friends. They prefer to be socialising with root crops, especially potatoes. Pick the beans once every few days as they mature and enjoy a season's supply of delicious, fresh and healthy produce!

### **What to do with your veg in November**

- Harvest whatever is ready and fill the gaps with quick-growing summer crops
- Sow in green manures and keep the ground well-mulched
- Continue sowing summer seeds and transplant seedlings
- Wind gamsquash and butternut up tripods and tie tomatoes to a support
- Water regularly
- Foliar spray with seaweed
- Feed fruiting veggies with a potassium-rich fertilizer

Other veg to be planted in November are beans, beetroot, cabbage, carrots, cucumber, cauliflower, eggplant, lettuce, peppers, melons and turnips.

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Pop into Starke Ayres Garden Centre to stock up on this month's healthy winners.