Yard-long bean

**Characteristics:**
Yard-long bean is a warm-season crop. It can be grown successfully on a wide variety of soil types with good drainage. Beans with pale green pods are the most common. There are also types with dark green pods and brownish-red pods.

**Cultivation instructions:**
Make raised beds 120 cm wide and 15 cm high, with a 40-cm-wide drain between beds. Incorporate organic matter such as compost or dried manure into the beds. Draw two rows on a bed, 20 cm in from each bed edge. Soak seeds in water overnight to soften the seed coat. The next morning, sow the seeds in the rows 2-3 cm deep and about 20-25 cm apart. Set bamboo or wooden poles 150-175 cm high 1 m apart on bed edges. Bind the poles facing one another with straw twine to form a triangle trellis. Connect pairs of poles horizontally by wire, straw twine, or sticks at the top, middle, and bottom.

**Nutrition and cooking:**
These beans are rich in protein, calcium, iron, riboflavin, phosphorus, potassium, and vitamin A, and are a very good source of vitamin C, folate, magnesium, and manganese. The pods are harvested and cooked when young and tender.