



PLANT FACT SHEET

Phaseolus coccineus L.

GENUS *Phaseolus* FAMILY Fabaceae

COMMON NAMES Scarlet runner bean

EDIBLE PARTS AND USES

Edible parts: Seeds, Pods, Leaves, Roots, Vegetable, Flowers

The very young pods can be eaten. They are boiled, steamed, baked etc.

The seeds are edible. They are dried then soaked.

The flowers have a bean like flavour and are used in salads.

Young leaves can be used as a potherb.

The tubers can be eaten after they are cooked and the cooking water thrown away.

DESCRIPTION

A climbing bean. It is a robust plant and keeps growing from year to year by re-growing from the fattened root. The stems are often hairy. It grows 1.8-2.4 m high. It can spread 1.8-2.4 m wide. It twines around a trellis. The leaves are compound and have three leaflets. The flowers are bright red. They are in clusters 2.5 cm long. The pods are long (30 cm) and with a wavy edge. The seeds are large and can be several different colours. It sometimes has a root tuber.

HABITAT

A tropical plant. It grows naturally in the mountain regions from Mexico to Panama. It is grown in the highlands in the tropics. On the tropical coast seedlings die and pods are not formed. It is damaged by frost. It suits hardiness zones 8-10. In Sichuan and Yunnan.

PRODUCTION

Cultivation

It is grown from seeds. Seed are planted 2.5 cm deep. Plants are spaced 20 cm apart. It needs sticks to climb up. It can be allowed to re-grow from the tubers or the tubers re-planted.

Harvesting and Seed Production

It grows quickly.

PICTURES



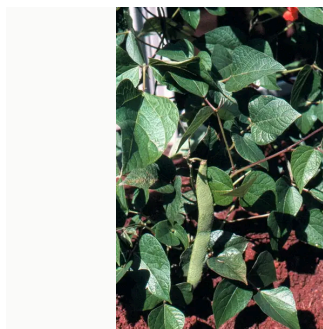
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