

# The Black & White Kidney Bean

*Phaseolus vulgaris 'Yin Yang'*

The world in your garden

eden project



18 93 02

average contents:  
25 seeds

Sow: May-Jun  
Harvest: Jul-Sept



Native to  
South America

The Black & White Kidney Bean  
*Dwarf French Bean*

The French Bean, from South America, was introduced to Europe during the Spanish conquest. Yin Yang's delicious pods can be eaten young or left to dry, revealing stunning black and white beans which can be cooked in soups and casseroles.

**How to grow:** Sow in pots or trays on a windowsill or in a greenhouse using good quality, moist compost. Cover the seeds with 4cm (1½") of compost. Grow on, planting outside in a warm, sunny spot from June to July allowing 20cm (8") between plants. Alternatively, sow direct outside into warm moist soil at a depth of 5cm (2") in rows 60cm (24") apart. (Germination 7-21 days). Thin as necessary to 25cm (10") between plants. Water well in dry weather. For dried 'haricot' beans, leave some pods on the plants to mature with the seed swollen in the pods. Dry pods and then remove the black and white seeds. Use seeds as ornaments or for cooking. N.B. colour dissipates with cooking. Height 30-40cm (12-16").

Standard Seed.  
EC rules and standards



www.edenproject.com

Suttons Seeds Paignton,  
Devon, England  
www.suttons.co.uk

eden project

4/09/C