60 99 60 99 60 99 60 99 60 99 60 99 60 99 60 99 60 99 60 **1. Recommended varieties**

- Yard Long (Light green)
- Yard Long (Dark Green)

2. Yield

• 7 to 10 tonnes/ha

3. Seed Rate

• 7 kg per hectare

4. Planting time

- Can be planted all year round but performs best during hot and wet season.
- Suitable for planting on stakes for better quality.

5. Spacing

- Sow seeds 30cm between plants within the rows and 1m between rows.
- Germinates in 3 6 days after sowing.



Yard Long - Light green variety

6. Preparing the land

Two ploughings and two harrowings are recommended for good soil tilth.

7. Fertilizing

- Poultry manure 10tonnes/ha. Broadcast and mix well into the soil 2 weeks before planting.
- NPK (13:13:21) 200kg/ha. Basal application at planting.
- Urea 100kg/ha. Top dress at 2 and 4 weeks after planting. Soil analysis should be done before fertilizer application.

8. Crop Management

Long beans needs to be staked for ease of harvesting and assist in the proper maintenance of the crop.

9. Weed Control

- Fusilade at 45ml/15L of water. Spray when grass weeds are at 4-5 leaf stage.
- Hand weed or hoe when necessary. Use spray shield, avoid touching crop plants.

10. Diseases Control

Rust

- Spray Benomyl at 15g/15L of water (Sold as Benlate) or Copper Oxychloride at 60g/15L of water (Sold as KOPI) or use Kocide at 15-20g/15L of water. Spray at 2 weeks interval starting from one month after planting. Rotate the fungicides used to prevent resistance.

- Plough plant remains properly after harvest.

- Rotate with vegetables like cabbage, eggplant and tomatoes.

- Root and Stem Rot
- Use Kocide at 15-20g/15L of water.

11. Pest Control

- Bean Pod Borer
- Spray the plant with Phyrethroids at 40ml/15L of water (Sold as Attack) or Lannate at 30ml/15L of water. Observe the waiting period.
- Thrips •

Bifenthrin at 15 to 20ml/16L knapsack. Or Super-guard at 8ml/16L knapsack.

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12. Harvesting

- Harvest after 6-8 weeks from planting.
- Pick pods when still tender and harvesting continues for about 2-3 weeks.

13. Gross Margin

Yield at 8 tonnes/ha the gross margin will be \$7889.55

14. Food Value

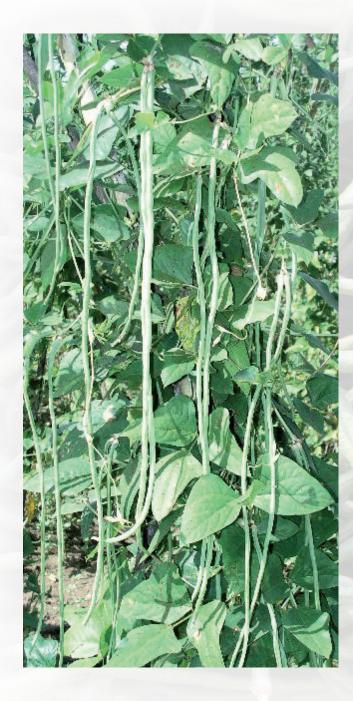
Contains Dietry fibre, Vitamin C, Niacin, Vitamin B complex, Iron and Zinc.

15. Disaster Risk and Climate Change tips

- Plant after disaster as a quick source of food and income.
- Intercrop to increase soil fertility and retain soil moisture.



Yard Long - Dark green variety







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