

### 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.

### 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 Dietary 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*





Ministry of Agriculture



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*Growing*

**LONG BEAN**

*for Cash*

**Farmer's Leaflet 2021**