



1. Recommended varieties

- Local white
- Sobi
- 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

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

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 side dressing 2 to 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 and Pests

- **Rust**
- Spray Benomyl at 10g/15L of water (Sold as Benlate) or Copper Oxychloride at 60g/15L of water (Sold as KOPI) or use Kocide at 30g/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 30g/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.
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.



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Grow Long Bean for Cash

