

Grow Guide

Guyana Long Bean

Guyana Long Beans are a heat loving vine. Seeds should be directly seeded into the garden bed. They are not quite as robust as field cowpeas and perform best in watered garden conditions. These can grow and produce any time from Spring-Fall as long as there is adequate heat. They are much more resistant to disease under hot and humid conditions than normal beans (*Phaseolus vulgaris*). Full sun is best but dappled shade may be acceptable. These are climbing bean plants that need a sturdy trellis 4-6 feet tall to support the vigorous vines. Harvest like snap beans while beans are still young and tender. Bean pods will become shorter as vines age and begin to senesce. Regular harvesting ensures tender, high quality beans and keeps production ongoing.

