

beans.

Sow: Indoors from early May, in homemade newspaper pots.

Soil: Plenty of well-rotted manure. In late winter, dig a trench where the beans will grow, and fill with kitchen waste.

Grow: Create a strong support such as obelisks, trellis or hazel cane wigwams before planting. Wait until all frosts have passed before planting 4in apart. Water well.

Harvest: First beans appear in July. Pick regularly to encourage further cropping.

Problems: Protect from slugs with cloches in early stages and apply garlic spray once a fortnight. Insufficient watering leads to low yields.

For more advice on growing and cooking beans, visit the Stylish Gardening Blog: fennelandfern.co.uk