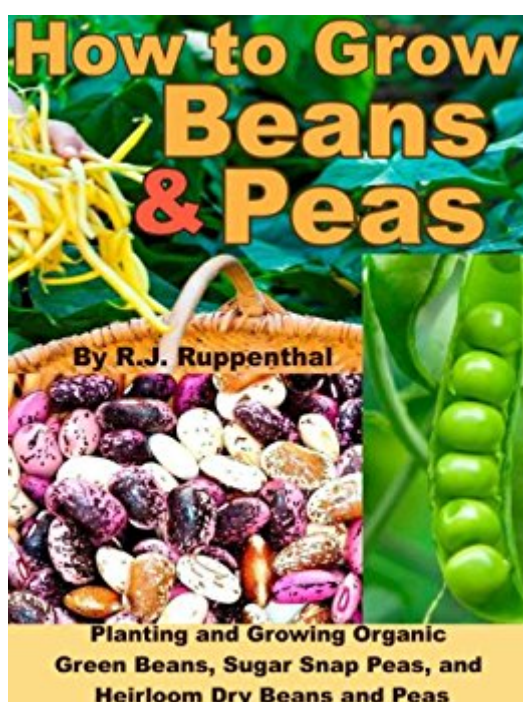


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# How To Grow Beans And Peas: Planting And Growing Organic Green Beans, Sugar Snap Peas, And Heirloom Dry Beans And Peas



## Synopsis

Recommended Organic Gardening Book for 2013-14! Beans, peas, and other edible legumes are important foods for people all around the world, providing an affordable, abundant, and nutritionally dense source of protein. Dry beans and peas can be stored for many months past the harvest and cooked into a delicious and filling main dish, earning them the nickname "vegetarian meat". Green beans, Snow Peas, and Sugar Snap Peas, the immature pods of the bean and pea plants, can be eaten raw or cooked as tasty and nutritious green vegetables. Grow Your Own Beans and Peas However you like to eat beans and peas, they are very simple to grow in an organic garden. This short book will walk you through the process of how to grow beans and peas. You will learn the differences between pole beans and bush beans, how to choose the right bean varieties for your climate and region, and how to obtain the freshest organic bean and pea seeds. You will learn how to plant beans and care for the plants, including proper soil and fertilization, watering, combating diseases and pests, and trellising of pole beans. Finally, we will discuss how to harvest your beans and store them properly.

Contents Include:

1. Introduction The Importance of Beans and Peas
2. The Ancient Roots of Beans Nourishing Civilizations for Thousands of Years
3. Nutrition and Health Benefits of Beans Fat-Free Protein, Fiber, Minerals, and B Vitamins
4. Green Beans (Snap Beans), Shelling Beans, and Dry Beans Different Stages of Bean Harvest and Use
5. Pole Beans versus Bush Beans The Tall and the Short of It
6. Beans and Peas to Fit Your Climate What to Grow in Your Region, Including Limas, Lentils, Favas, and More
7. How to Obtain Good Bean Seeds Reliable Sources for the Freshest Seeds
8. Planting and Growing Beans Planting Seeds and Growing in Containers, Raised Beds, and Rows
9. Planting and Growing Peas Cool Weather Food for Spring and Fall
10. Stakes, Trellises, and Other Supports Simple Ways to Give Your Vines Some Support
11. Soil Secrets, Fertilization, Watering, and Care Taking Good Care of Your Beans
12. Harvesting Dry Beans and Saving Your Own Seeds Never Buy Bean Seeds Again!

Conclusion: Additional Resources on Heirloom Beans Heirlooms Taste Better and Provide a Link to Our Past Save Money and Eat Healthy... Grow Your Own! You can save a lot of money over time by growing some of your own beans and peas, especially because you do not need to buy new seeds every year. Most beans and peas are Open Pollinated (OP), meaning that they are stabilized, non-hybrid seeds. In other words, you can save the seeds from one year to the next, and plant them again. Many varieties are classified as heirloom beans as well, having been developed by our ancestors and having stood the test of time. Some of our modern beans and peas have truly ancient origins.

## Book Information

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## Customer Reviews

This guys books are amazing. With a sleuth of vegetable gardening books for sale on kindle, it is difficult to know which ones are good and helpful. What makes this book different is that the writer seems to have a passion for this stuff. He knows what he is doing. He also answered questions that I have been searching and unable to find on the Internet. This book inspires me and I feel equipped and excited to plant beans. The instructions are extremely clear and there is no guesswork. What I feel like when I am reading the book is that there is a mentor that has gone before me and knows all the pitfalls and just makes the process so simple. I also like that it is a short book, I can go back and reference my highlights without feeling bombarded with information overload. I will definitely be looking out for this guys books in the future

Excellent book! This is one of the few times I would actually recommend the author to charge a bit more; when people read these .99 cent books, they don't expect much, but in this case the author delivers on a somewhat neglected topic for gardeners, starting with a concise history of the topic

followed by a thorough and well-structured guide to growing peas and beans. If you are expecting Tolstoy's War and Peace in volume, this isn't for you, but the key word here is \*concise\*.

This is another great book by R J Ruppenthal! He gives the information a gardener really wants to know, like varieties for your area, cultivation for the different types with soil conditions and bugs and bush vs trellis.... and also diseases. It is a very complete book for anyone who wants to know about growing and harvesting all the different types of beans and peas!

This is a wonderful and professional and extremely well put together ebook!!. My praise of this book is deservedly high. This book is comprehensive and full of detail. The author is very knowledgeable on her/his subject matter and generous in her/his sharing of this. The chapters flow well and covers every conceivable aspect of bean and pea growing, from the ancient history to the heirlooms available to growing, harvesting and seed collecting thereof. Ruppenthal shares the websites and links to related articles, always a sign of a good author, not forgetting to mention her/his other babies should you love her/his work enough to want to own her/his other gems. I could not discern one missing thing, (and the more I knew I would rate this high, the harder I looked). With enough pictures to bring her/his words to life I enjoyed every page and will surely use this information at my first opportunity. Thank you RJ Ruppenthal, I wish all ebooks I downloaded were this good.

This is a very good introduction to growing all sorts of beans. A beginning gardener would benefit greatly from reading this.

I know my gardening but it is always nice to have some extra information to read from time to time, this gives me great ideas and lends me some info I didn't know before.

not only great tips for growing, but also sources for many varieties of heirloom beans and peas. nice for beginner and experienced gardeners alike.

INFORMATION is a beginner's must. Sparks your interest in homesteading. Make you want to get started right away to produce your own fresh and organic foods. Even have a few chickens in your backyard.

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Heirloom Dry Beans and Peas Bean By Bean: A Cookbook: More than 175 Recipes for Fresh Beans, Dried Beans, Cool Beans, Hot Beans, Savory Beans, Even Sweet Beans! How to Grow Tomatoes, Peppers, and Eggplant: Planting and Growing Organic Heirloom Tomatoes, Sweet Bell Peppers, Chili Peppers, and Gourmet Eggplant Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Growing Marijuana: Box Set - Growing Marijuana For Beginners & Advanced Marijuana Growing Techniques (Growing Marijuana, Marijuana Growing, Growing Marijuana Indoors) Little Green Peas (The Peas Series) Planting and Establishment of Tropical Trees: Tropical Trees: Propagation and Planting Manuals (Tropical Trees, Propagation and Planting Manuals Series) Sugar Detox: Beat Sugar Cravings Naturally in 30 Days! Lose Up to 15 Pounds in 14 Days, Increase Energy, Boost Metabolism! (Sugar Free Diet, Sugar Detox ... 30 Day Detox, Weight Loss and More Energy) Country Beans - How to cook dry beans in only 3 minutes! Weed: The Ultimate Quick Guide To Growing Great Marijuana (How To Grow Your Own Weed, Growing Marijuana for Beginners, Big Buds, High Yields, Growing Marijuana Indoors, Weed Growing Book 1) Square Foot Gardening - How To Grow Healthy Organic Vegetables The Easy Way: Including Companion Planting & Intensive Vegetable Growing Methods (Gardening Techniques Book 6) Growing Marijuana: Marijuana Growing Tips and Tricks to Get Big Yields For Beginners! (Growing Marijuana For Beginners, Growing Marijuana Indoors & Outdoors, Growing Marijuana Tips and Tricks) Growing Mushrooms for Profit: The Definitive Step-By-Step Guide to Growing Mushrooms at Home for Profit (Growing Mushrooms for Profit, Growing Mushrooms ... Mushrooms, Growing Oyster Mushrooms) Companion Planting: Companion Gardening - A Practical Guide For Beginners To Learn Everything About Companion Planting (Organic Gardening, Container Gardening, Vegetable Gardening) Companion Container Gardening: Using Easy Companion Planting Techniques to Get More from Your Small Space (Organic Gardening Beginners Planting Guides) LMNO Peas (The Peas Series) 1-2-3 Peas (The Peas Series) Black Eyed Peas Present: Masters of the Sun: The Zombie Chronicles (Black Eyed Peas Presents: Masters of the Sun) The Beekman 1802 Heirloom Cookbook: Heirloom fruits and vegetables, and more than 100 heritage recipes to inspire every generation

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