Conserving bean leaf vegetables

Eating vegetables is essential for human health. They can be harvested in wet seas0n, dried and stored for use in dry season.

Bean leaves have a lot of vitamins, proteins, vitamins A and C and minerals iron and calcium. Pick tender leaves at about 7 weeks after planting and stop picking, when flowering begins.

Do‘s and don‘ts

Ensure plants are old enough (about 7 weeks) before picking starts. Only pick healthy tender leaves, in the morning, and allow some weeks in between two pickings. Leave some leaves and stop picking before flowering. Do not pick old leaves. Leaves for human consumption should not be sprayed with chemicals.

Cooking an d drying

You can dry the leaves immediately, but most people prefer them preboiled. After picking, wash the leaves in clean water. Remove stems and cut the leaves into small pieces. Boil them for about 20 minutes and get them off the fire. They are drained in a porous basket and cooled down.

Spread them on a mat raised from the ground in the sun. Regularly turn them for even drying. After complete drying, store them in leaf balls in a dry place.

The leaves can be eaten or sold at any time of the year. Pumpkin leaves and cow pea leaves can also be conserved the same way.