

»How to grow winged beans«

Planting and management

Always start by indoor seedling growing to encourage faster seed growth and add more soil fertilisers when transplanting to encourage faster root establishment. Additionally, provide a trellis 2 feet apart and ensure that vines have enough space on trellis. It is also encouraged to pick off young leaves to encourage faster growth. Furthermore, remove excess vines and leaves and apply supplementary fertilizers to encourage more plant flowering.

Harvesting

Ensure to start picking winged beans 2 weeks after flowering to avoid development of hard inedible fibres and to encourage development of new flowers. Lastly, always timely harvest dry beans and root tubers to control losses.