

# Free Workshops

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Did you know? KCCG offers 40+ free gardening and cooking workshops each year. With topics ranging from an introduction to vegetable gardening to tips and tricks for pest management and cooking demonstrations with fresh garden produce, we welcome everyone from beginner gardeners to seasoned pros.

See the schedule and register at:  
[kccg.org/workshops](http://kccg.org/workshops)

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# Online Resources

KCCG's website offers guide sheets on a wealth of gardening topics, including watering, fertilizing, pest management and more!

Find them at  
[kccg.org/gardening-guidesheets](http://kccg.org/gardening-guidesheets)

Our vast library of online videos can help you with most anything including planting, maintenance, harvesting, and cooking.

Find them at  
[kccg.org/how-to-videos](http://kccg.org/how-to-videos)

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# Together We Grow

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KCCG provides seeds, plants, resources and education that help more than 42,000 households to grow more than 1.5 million pounds of healthy food each year.

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@KansasCityCommunityGardens



@kccommunitygardens



[www.kccg.org](http://www.kccg.org)



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[contact@kccg.org](mailto:contact@kccg.org)



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# Volunteer

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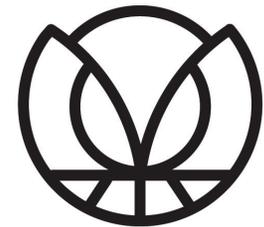
Volunteers help to fill seed packs, start transplants, build raised garden beds, and more! We have opportunities for everyone.

To join the fun, visit  
[www.kccg.org/volunteer](http://www.kccg.org/volunteer)

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# Growing Pole Beans

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**KCCG**  
KANSAS CITY COMMUNITY GARDENS

# KCCG's Varieties

**Asparagus Yardlong** - 80 days  
Plants grow to 10' and produce an astonishing yield of slender, extremely tasty 2-3' long pods.

**Blue Lake** - 55 days - Famous pole bean variety with excellent freezing and canning qualities. Tender, round, meaty pods on vigorous, heavy-yielding plants.

**Kentucky Wonder** - 56 days  
Bears a week earlier than pole variety. Long-bearing plants with stringless pods.

**Edamame (Vegetable Soybeans)**  
85 days - These soybeans are harvested in the immature stage (green shell) when they are soft, green and sweet instead of letting them dry to hard brown seeds. Tall, upright, bush type plants, are heavy producers late in summer. Harvest pods when well filled but still green.

**Yardlong Red Noodle**- 85 days  
Beans grow 16-20" long and are as slender as a pencil. The burgundy color stands out on the plants. Young pods are sweet with an intense flavor. Older pods can be shelled for traditional southern peas. Plants produce heavily with up to 4 pods in a cluster.

## Planting:

Pole beans: 5/1-5/20  
(Guidelines for planting in raised beds)

Seeds: Sow seeds 1/2" deep, 3-5" apart in rows spaced 6-8" apart.

## Care:

Seeds: Thin plants to 6 inches apart. Water regularly with a gentle spray. Keep the soil moist so that the seeds will germinate.

Young seedlings: Water when the top 1 inch of soil dries out. Mulch plants with cotton burr compost or straw to keep soil moist. For pole beans, stake a trellis or pole that is at least 4' tall in the ground near the plant so that the beans are encouraged to grow upward.

## Harvest & Storage:

Harvest beans as they become 3 inches or longer. Beans should be harvested by snipping just above the vegetable. Plants will continue to produce beans as long as the plants stay healthy. Be prepared to harvest beans every few days as they grow.

Store beans in the refrigerator for one week to 10 days. Do not wash the beans until right before you eat them.

## Nutritional Facts:

Pole beans contain iron which helps keep the blood healthy. Bush beans contain high amounts of fiber, calcium and potassium, which keep the body's metabolism active.

One cup of fresh pole beans provides 122% of the daily value of Vitamin K, which helps keep bones strong and healthy.