

# 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



@kcccommunitygardens



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



816.931.3877



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



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Kansas City, MO 64132

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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 Bush Beans

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**KCCG**  
KANSAS CITY COMMUNITY GARDENS

# KCCG's Varieties

**Blue Lake** - 55 days - Vigorous, branching plants produce heavy yields under adverse conditions. Pods are slow to form seeds or fiber. A classic canning and freezing bean.

**Dragon Tongue** - 60-100 days - An old, dual purpose French variety snap bean (Dragon Langerie), with gorgeous yellow pods streaked with purple. Pods turn all yellow after cooking. Delicious as shell bean, too.

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

**Provider** -50 days - The most popular early green bean. 5" long, medium green fleshy round pods. Adapted to diverse locations, soil, and climate conditions.

**Cherokee Yellow Wax** - 51 days  
Pale yellow pods on vigorous, hardy, 16-18" bushes.

**Royal Burgundy** - 54 days - Vigorous, erect, 15-20" high bushes with high yields of 5" purple pods which turn green when cooked. Good for colder soils, resistant to bean beetle.

## Planting:

4/15-5/20 or 7/25-8/10

(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.

## 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:

Bush 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 bush beans provides 122% of the daily value of Vitamin K, which helps keep bones strong and healthy.