

# 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)



816.931.3877



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



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# Volunteer

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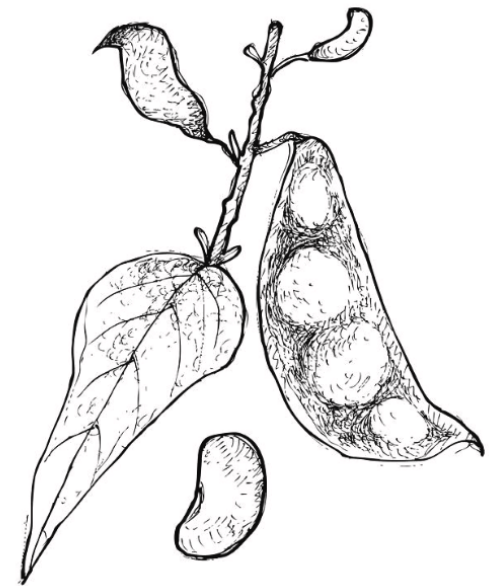
Volunteers help to fill seed packs, start transplants, build raised garden beds, and more! We have opportunities for everyone.

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

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# Growing Lima Beans

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**KCCG**  
KANSAS CITY COMMUNITY GARDENS

# KCCG's Varieties

## **Henderson Lima (Bush)**

66 days - An old favorite baby lima bean. Bears 3.5" pods till frost.

## **Jackson Wonder Lima Butterbean (Bush)**

66 days. A good hot weather bean. 2' tall bushes have high yields of broad pods. Shell out for fresh or dry for winter use.

## **Speckled Lima Butterbean (Pole)**

- 80 days - Large quarter-sized seeds. Light cream colored with bright red specks. Buttery flavored beans, delicious fresh and maintains flavor canned or frozen. Tremendous yield.

## **Planting:**

Plant 4/25-5/30 - Spring  
Plant 7/25-8/10 - Fall

Plant seeds 1" deep.

For ground plots: Plant seeds 3" apart in rows spaced 18-24" apart.

For raised beds: Plant seeds 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:**

Lima beans are especially high in manganese, which acts as an antioxidant and plays a key role in metabolism. They also provide a good amount of copper in each serving, which supports immune health and promotes brain function. They're also rich in magnesium, a mineral your body needs for energy production.