

## What Can We Learn From Beans? Celebrating Diversity through Heirloom Beans and Paul Fleischman's *Seedfolks*

*Cornell Garden-Based Learning's 2018 Statewide Youth Development Project Growing Guidelines*

### Tiger's Eye Bean

Originally from Chile or Argentina. Wonderfully rich flavor and smooth texture. Very tender skins almost disappear when cooked. Great for chili or refried beans. Can also be used as fresh shell beans.

**Growing Instructions** - Sow seeds outdoors after danger of frost has passed and soil and air temperatures have warmed. Harvest snap beans frequently for increased yields. Leave some pods on the vine and harvest when completely mature for dry beans.

- Direct seed: 2 inches apart.
- Plant seeds 1 inch deep
- Space rows 36-48 inches apart
- Requires full sun.
- Matures in 80-90 days
- Bush growing habit

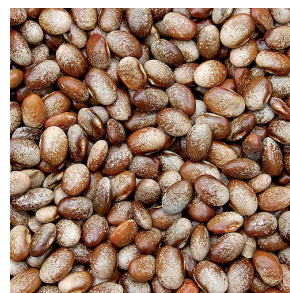


### Turkey Crow Bean

Reportedly from the region of Virginia, North Carolina, and Tennessee. Original seed said to have been found in a wild turkey's craw. Stringless 6" pods enclose attractive brown seeds with tan flecks and brown eye rings. Used as a snap bean or a dry bean; excellent canned or frozen.

**Growing Instructions** - Sow seeds outdoors after danger of frost has passed and soil and air temperatures have warmed. Harvest snap beans frequently for increased yields. Leave some pods on the vine and harvest when completely mature for dry beans.

- Direct seed: 2 inches apart.
- Plant seeds 1 inch deep
- Use a trellis, tepee or fence for support.
- Requires full sun.
- Matures in 80-100 days
- Pole bean growing habit



Information and images sourced from Seed Savers Exchange: <https://www.seedsavers.org/tigers-eye-bean> and <https://www.seedsavers.org/turkey-crow-bean>

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