

# **SNAKE BEAN**

*(Psophocarpus tetragonolobus)*



## **A few facts**

- Also known as long bean
- This bean originates from South East Asia
- A climbing bean in the legume family (Fabaceae)
- The seed pod or fruit (bean) is eaten
- It grows all year and is easy to grow
- Red and green varieties are available

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*(Psophocarpus tetragonolobus)*

## **How to grow**

- Snake bean is easily grown all year round, in the full sun, in a free draining place.
- It needs a trellis to climb up and will produce beans after at least 30 days of growth.
- Fertilise with organic fertiliser occasionally

## **How to grow more**

- Easily grown from seed, collected from dried older snake beans
- Plant these seeds at least 80cm apart directly into the ground or grow in small pots until sprouted.

## **When to plant them/ grow them**

- These can be planted all year round, but loves humid conditions (wet season) especially.

## **How to eat them**

- The bean is eaten when medium sized, before the seeds can be seen through the skin.
- Snake bean is great raw or steamed a little in salads or just in a side dish of steamed greens. It can be used in curries, soups and many dishes- best added at the end not to over cook it. The seed pods contain vitamin C, A, protein, iron and magnesium