

ANOTHER  
HERB HERBERT  
FACT SHEET

SPECIAL INTEREST HERBS

# GOURMET VEGETABLES 'ROCODOR' BEAN

*Phaseolus vulgaris*



Growing beans is a pleasure. Few garden vegetables produce so much for such a small effort. Not only do you get an abundance of sweet pods your garden soil gets a fertility boost too from the Rhizobia bacteria that colonizes the root of legumes. The majority of beans belong to the genus *Phaseolus* of the Fabaceae family. They are commonly used for food or feed. Beans are also often referred to as legumes.

**D**ESCRPTION  
**Rocodor** - Bush type plant. Grows well in hot or cold climates. Produces excellent yields of 6" long golden-yellow beans in early Spring to late Summer. Pods are usually around 6-7in/15-18cm long and are produced all throughout the picking season. This particular type of bean is a favorite amongst home gardeners due to its short growing season, making it easy to grow in any position. Rocodor Beans are also packed with vitamins and minerals, making them a great addition to any healthy diet. It is said that beans are a great source of carbohydrates, as well as being a good source of protein, Vitamin A and C, dietary fiber and beta carotene (which is said to prevent cancer and heart disease).



**S**ES  
**Rocodor** Bean is a very nutritious vegetable and is great as a part of any healthy diet. **Rocodor** Beans can be eaten either fresh or cooked. Generally, raw beans are best when immature and can be tossed through fresh salads or eaten on their own as a snack. Mature beans cannot be eaten raw and should be cooked. Rocodor beans are a great freezing variety.



**G**ROWTH  
**Rocodor** beans do best in sandy/well drained soils with a normal to moist water range. They also like full sunlight with the plant growing to a height of 1.5-2ft/46-61cm. If planting in hills, leave 2.5-3ft/76-91cm between plants. If planting in rows, space rows 3 ft/91cm apart.



**C**ULTIVATION  
**Rocodor** beans are generally ready for harvest when they are between 6-7in/15-18cm long. They should be picked every 5 to 7 days as the plant will stop producing pods at such a rapid rate if the harvest is delayed and the pods are able to mature. When choosing which pods to harvest, look for beans that are firm, crisp and fully elongated, but do not have fully developed seeds. Pods should also be picked when they are completely dry, as picking beans when the plant is wet can increase the spread of disease. The beans should be stored in a cool dry area once harvested. For more cultural help see our Organic Garden fact sheets under the 'Special Interest' section of the pull down menu on the home page of our website.



Any enquiries can be directed to:

HERB HERBERT P/L PO Box 24 Monbulk Victoria 3793 Australia

E-mail: [herb@herbherbert.com](mailto:herb@herbherbert.com)

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