

## **Vegetables from Seed**

### **Gill Mullin**

Vegetable growers among us will know that there's long been a debate about the shortage of protein you can grow at home. Unless you have nut trees, there's not much you can grow in the UK that will fill that gap, except for some kinds of beans.

I decided to do a small trial this year, using 6 plants each of 3 types: pea beans (from a heritage seed list), Gigante beans (from a website source) and Borlotti beans from the Western Counties seed list. I'm pleased to tell you that the HPS Borlotti beans won hands down.

The Gigante beans (like a butter bean) have done well in past warm summers, but this year produced a measly 6oz of usable crop before it got too cold. The pea beans (like a brown and white ying-yang bean) managed a respectable 14oz. But the Borlottis, with their characteristic salami-patterned pods produced 1lb 6oz of usable beans from one wigwam.

So thank you to whoever donated them and to all the folk who keep the list running, and long may vegetables appear on it. Tomatoes next year maybe? (Simply dot the seeds onto a sheet of kitchen roll where they will stick, then cut it up into squares).