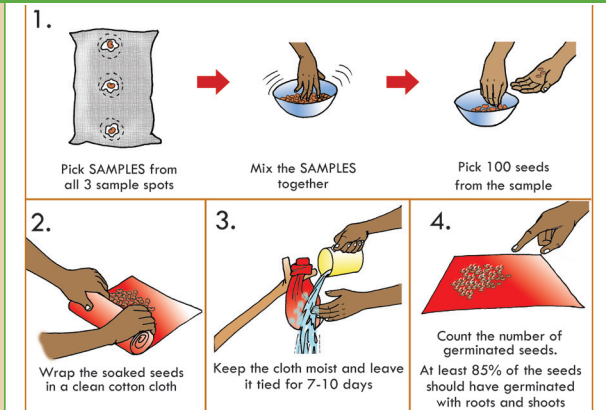
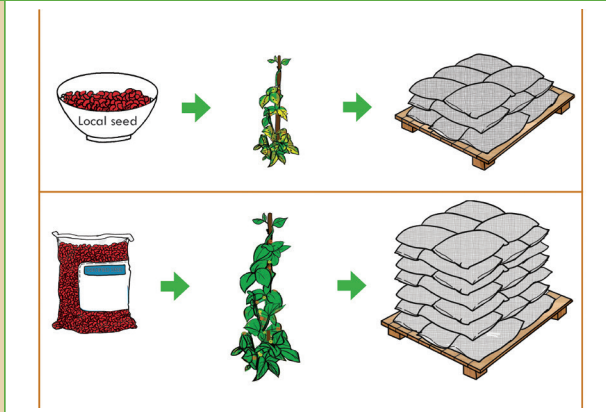


3. How to conduct a germination test



The Importance of Using Good Quality Bean Seeds



4. Seed Storage

Seeds become less healthy over time. Dried seed should be stored in airtight containers without exposure to light or moisture. It is best to plant seeds within one year.



Common airtight storage containers include silos (made of plastic or metal) and hermetic storage bags. Airtight containers prevent moisture, pests and air from damaging grain.

Illustrated and designed by
MANGO TREE
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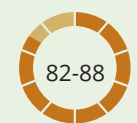


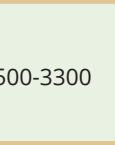

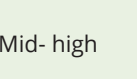


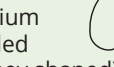

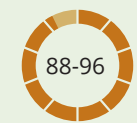


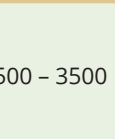

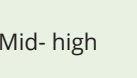
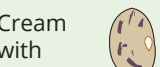
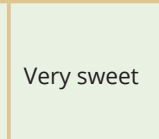
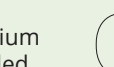




Climbing beans varieties



Photo credit: Winnie nanteza



1. Bean Varieties

1. Bean Varieties	Attributes			Distinctive Features		
	Yield (kg/ha)	Maturity (days)	Suited Altitude	Seed Colour	Taste	Grain shape
NAROBAN 4C						
	2500-3700	 82-88	Mid- high	Red mottled 	Sweet	Medium seeded (Oval shaped) 
NAROBAN 5C						
	2500-3300	 88-96	Mid- high	Dirty yellow 	Sweet	Medium seeded (kidney shaped) 
NABE 12C						
	2500 - 3500	 89-110	Mid- high	Cream with purple speckles 	Very sweet	Medium seeded (oval shaped) 

2. These varieties of climbing beans are high in Zinc and Iron

Zinc can...



Make you strong

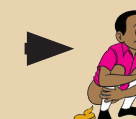


83 - 57 = 26

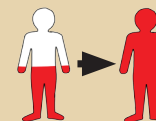
Make you bright



Prevent diarrhoea



Iron can...



Add more blood



Make hair, skin and nails healthy



Help you focus better



Heal wounds better



Add more energy