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## STRING BEANS

Stringbeans or sitao is one of the most widely grown vegetables in the Philippines. It is a true legume and botanically more closely related to cowpea.

The tender pods are edible while the skin is still smooth and before seeds mature or expand. The young leaves and stem can be boiled or steamed and eaten as green vegetables.

Per 100 grams of fresh weight, the green pods can provide 2 grams protein, 8.2 grams carbohydrates, and substantial amount of calcium and other minerals. When boiled, the young leaves are a good source of protein and vitamin A.



It is grown throughout the year but the best time to plant is from May to June for wet season planting and from October to November for dry season.

### SITE SELECTION AND LAND PREPARATION

The recommended soil type is clay loam or silky clay loam with good drainage and a pH value of 5.5 to 6.8.

Plow and harrow the field usually two to three times to pulverize the soil or depending on the soil type.

### PLANTING

Make a furrow with the distance of 1 meter between rows, and 50 centimeters between hills. Plant 2 to 3 seeds per hill at depth of 2 to 3 centimeters. A 10 kilogram of string beans seed is needed for 1 hectare.

## FERTILIZER APPLICATION

Type of Fertilizer	Rate of Application	Time of Application	Method of Application
14-14-14	4 bags	10 days after planting	Spot method/Side-dress
21-0-0	2 bags	25 days after planting	Spot method/Side-dress
KNO <sub>3</sub>	10 kilo	40 days after planting	Spot method/Side-dress
0-0-60	1 bag		

## IRRIGATION

Irrigate the field after planting and once every week throughout the growing period.

## MULCHING

Mulching is used to conserve water and soil moisture and control weeds. Use rice straw, rice hull or polyethylene plastic mulch.

## WEEDING AND CULTIVATION

Hand weeding or spot weeding can be done on the field to minimize the weeds. Use animal drawn or mechanical implements to cultivate the soil 2 weeks after planting. Hill-up the crop 3 to 4 weeks after planting.



## TRELLISING

Trellising can be made before or after planting. Trellis is used to produce good quality pods. Put bamboo stakes (bukawe or buho) on the furrow with 2-3 meters apart.



To support the bamboo, put G.I. wire horizontally on the top, center and bottom. Set blue string (leteng) between the bamboo stakes with the distance of 20 centimeters apart.

## INSECT PESTS AND DISEASE CONTROL

Insect	Control
Leafminer	Spray insecticide (Carbaryl)
Aphids	Spray insecticide (Chlorpyrifos)
Cutworms	Spray insecticide (Cypermethrin)
Semi-looper	Spray insecticide (Chlorpyrifos)
Bean pod borer	Spray insecticide (Carbaryl)
Beanfly	Spray insecticide (Methonol, Chlorpyrifos)

Diseases	Control
Anthracnose Root rot Damping-off Leaf spot Rust Fusarium wilt	Crop rotation, use of quality seeds, choose resistant variety, uproot and bury infected plants and spray fungicides such as Benomyl and Mancozeb

## OTHER CONTROL

- Plant repellent crops such as marigold and chichirica around the production area.
- Use insect trap (yellow sticky trap)
- Remove infected plant parts and burn
- Maintain the cleanliness of the production area

## HARVESTING

Harvest the pods when these are about half the diameter of pencil and when they still snap when bent. Harvesting is usually done at 3 to 4 days interval.



For more information, write, visit, or call:  
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