

BROAD WINDSOR

Fava Bean

This Broad Windsor Fava bean has a wonderful, unusual flavor, and is good for fresh cooking and drying. The plant is also an excellent nitrogen fixer, fixing 200 lbs. or nitrogen per acre, oftentimes grown for forage or soil improvement.



NOTES

VARIETY INFO

Botanical Name: *Vicia faba* 'Broad Windsor'

Plant Dimensions: 4'

Days to Maturity: 75

Zone: 3 – 12

SOWING INFO

Sow Outside: Fava beans need a sunny spot with well-draining soil. Make sure no nearby plants will create too much shade for them as they leaf out in the spring. It's also possible to grow them in raised beds or containers.

Start Inside: Plant seeds about 1 to 2 inches deep and at least 6 inches apart. Rows should be roughly 2 to 3 feet apart. Stake plants while they're still young to avoid disturbing the roots once they mature.

Days to Emerge: 7 – 10 days

Seed Depth: 1" – 2"

Seed Spacing: 1" deep, 4–6"

Row Spacing: 18–36"

Thinning: Not required.

GROWING INFO

Harvesting: Fava beans take between 80 - 100 days to reach their harvest. Pick individual pods when they're plump and glossy by twisting them off the plant or using scissors. Don't wait too long, or the beans will end up tasting dry. Fava beans have a thick skin that needs to be removed before cooking. Shelled beans can be used immediately, stored in the refrigerator for a couple of days, or frozen for later use."

Fruit: 5" – 8" pods filled with quarter-sized beans