Contender



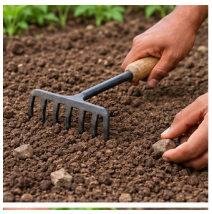
Bush bean planting guide

Direct sow

Warm, frost-free weather. Avoid extreme heat during flowering. Full sun.

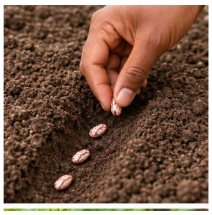
SEED DEPTH	FINAL PLANT SPACE	ROWS / DENSITY
2-3 cm in heavier soil; 3-5 cm in sand	**5-7 cm in field rows**	**45-60 cm in field rows**

1. Choose a warm bed



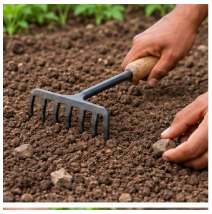
Prepare a well-drained bed after frost risk has passed. Contender grows as a bush.

2. Sow to suit the soil



Sow 2-3 cm deep in heavier soil, or 3-5 cm in sandy soil. Cover and water gently.

3. Leave growing space



For field rows, leave 5-7 cm between plants and 45-60 cm between rows. A climbing trellis is unnecessary.

4. Care for the crop



Weed shallowly and maintain even moisture, especially while flowers and pods develop.

Harvest: Pick young, tender pods regularly before their seeds become large.

Growing note: These are KZN field-row distances. Garden packet layouts may be wider. The instructions on the actual GoldPack seed-lot label take priority.

Use local conditions and the current seed-lot label. Method illustrations show the practice, not exact cultivar appearance.

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Sources and picture credits

Contender | Bush bean

The planting instructions use crop-level references checked on 18 October 2026. Depth and spacing are starting points. South African sowing windows vary with local frost, altitude, heat and rainfall; follow the current seed-lot label and supplier advice.

PLANTING REFERENCES

Green Beans

https://www.kzndard.gov.za/images/Documents/Horticulture/Veg_prod/green_beans.pdf

Green beans brochure

https://www.nda.gov.za/phocadownloadpap/Brochures_and_Production_Guidelines/Brochure%20Green%20Beans.pdf

How to Grow Beans in Your Garden

https://extension.usu.edu/yardandgarden/research/beans-in-the-garden

Beans Bush Contender (Bush Variety) Seed

https://www.gropak.co.za/products/beans-bush-contender

PICTURE CREDITS

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