3. How to conduct a germination test

1. Pick samples from all 3 sample spots
2. Mix the samples together
3. Pick 100 seeds from the sample
4. Keep the cloth moist and leave it tied for 7-10 days

The Importance of Using Good Quality Bean Seeds

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.

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.

Illustrated and designed by MANGO TREE

Photo credit: Winnie Nanteza
### 1. Bean Varieties

<table>
<thead>
<tr>
<th>Attributes</th>
<th>Distinctive Features</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Yield(^{(kg/ha)})</strong></td>
<td><strong>Seed Colour</strong></td>
</tr>
<tr>
<td>2500-3700</td>
<td>Red mottled</td>
</tr>
<tr>
<td>2500-3300</td>
<td>Dirty yellow</td>
</tr>
<tr>
<td>2500 – 3500</td>
<td>Cream with purple speckles</td>
</tr>
</tbody>
</table>

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

**Zinc can...**
- Make you strong
- 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