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## Lima Beans

**Scientific Name:** *Phaseolus lunatus*

**Recommended Varieties:**

- Fordhook 242 Bush
- Henderson's Bush (pole type)
- King of the Garden (bush butterbean)
- Dixie Butterpea (butterbean)
- Baby Fordhook Bush (butterbean)

**Common Pest(s):**

Spider mites: Irrigate adequately. Wash the mites off the leaves.

Aphids: Use soap spray, control ants with sticky barrier,

Leafhoppers: Difficult to remove due to mobility. Insecticidal soap can be applied.

UC Integrated Pest Management

### Growing Information

**Warm Season Plant**

Although they are warm season plants, lima beans experience blossom drop and poor pod production when temperatures are above 90 degrees. Water stress and air pollution also reduce yields. Seeds planted in cold soil germinate slowly and are susceptible to rotting. Seedlings may also grow slowly in cool temperatures.

**Ideal Planting Window**

Interior Valleys: May-June  
Desert Valleys: March 1- April 1

**Growing Guidance**

Plant two crops of bush variety beans 2-3 weeks apart for a longer harvest.

Pole Beans generally bear over a longer period and yield more in the same amount of space because they require trellising. Tripod poles are recommended. Plant 5 or 6 seeds in a circle 6 to 8 inches from each pole.



## Interesting Facts

The lima bean is an herbaceous plant that belongs to the legume family.

Cultivation of lima beans started 6,000 years BC in South America.

The scientific name of lima bean is "Phaseolus lunatus". The name refers to the shape of bean, which looks like half-moon (lunatus = crescent-shaped, in Latin).



When lima beans became popular in North America and Europe, they were often transported from South America in boxes marked with "Lima, Peru" to inform recipients on the origin of food. That is how it earned its name.

## Contact Information



**RIVERSIDE COUNTY MASTER GARDENERS**

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## Nutritional Information

### Nutritional Value

Beans are packed with protein, fiber, and other nutrients, making them a [superfood](#). Lima beans are an especially good source of iron. One cup of lima beans contains roughly one quarter of your daily recommended iron. 1 cup of lima beans is 260 calories.

[web.md.com](http://web.md.com)

### Recipe

**Warning:** Never eat raw lima beans. They contain linamarin which releases a cyanide compound when the seed coat is opened.

**Cooking deactivates this compound.**



### Lima Bean Stew

- 1 large onion chopped
- 6 ribs celery chopped
- 3 large potatoes cubed
- 2 lg carrots diced
- 2 cup ham diced (optional)
- 1 tbs salt
- 1 tsp pepper
- 2 bay leaves
- 3 quarts [water](#) or water and beef broth

### Prepare:

1. Soak beans overnight
2. Combine all ingredients in crock pot
3. Cook on low for 6-8 hours

[Key Ingredient](#)

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