

## Purple Pod French Bean-The Untapped Antioxidant Reservoir

**Neha Sharma**

Ph.D. scholar, Division of Vegetable Science, IARI, New Delhi-110012

**ARTICLE ID: 45**

French beans are one of the delights of vegetarians for their wholesome nutritional properties. Also eulogized as kidney beans, common beans, haricot beans and snap beans, they bear tender, elongated, firm yet flexible edible pods. Depending on their growth habits, common beans can be further classified into - "bush beans" which have small height (40-50 cm) and can stand erect without the need of support and "pole beans" which can grow up-to a height of 120-150 cm and require supports (trellis) for climbing.



Selection-3 also known as Shalimar French Bean-1 is a bushy type stringed variety of French bean which bears purple color pods having good amounts of anthocyanins (approx. 7-8  $\mu\text{g g}^{-1}$ ). Since it is a bushy type variety, the hassle of staking is eliminated. The Shalimar French bean-1 plants start to bloom 38-40 DAS. The flowers are purple colored, the pods are green at inception and attain purple color 5-6 days after pod setting.



The weight and the length of each tender pod ranges between 7-10g and 8-10 cm, respectively; containing approximately 5-7 seeds. Seeds are kidney-shaped, light-brown and 100 seeds weigh approximately 25.0 g. This variety bears 10-12 pods/ plant and yields 70-85 g fresh pods/ plant in a total of 2-3 pickings during the rainy season (July-September). The variety is

resistant to shattering, anthracnose and Alternaria blight, produces pods after 55-60 DAS and has a yield potential of 70-85 q ha<sup>-1</sup> of fresh bean pods (Sharma, 2021).

Other than being with high yield potential and health benefits attributed to the anthocyanins, the attractive appearance of the line has abated its penetration into cosmopolitan city markets and high end hotel chains, for ornamenting salad and exquisite cuisines. Being a short duration crop, cultivation of purple pod French bean can aid the farmers to fetch higher incentives in less time period.

### Reference

Sharma, N. 2021. Effect of foliar application of salicylic acid on growth, yield and quality attributes of French bean (*Phaseolus vulgaris* L.) M.Sc. Thesis, SKUAST-K, Srinagar, Kashmir.

