

POLE SITAW PRODUCTION

for Urban and Backyard Gardening



Pole sitaw is known as asparagus bean, Chinese long bean, garter bean, snake bean or yard long bean (English). It is locally known as “sitaw” in Tagalog and “utong” in Iloko.

It is a climbing herbaceous crop raised primarily for its pods, although its shoots and young leaves are also edible.

Uses. The succulent young pods of pole sitaw can be steamed, sautéed, buttered, or cooked along with other vegetables.

Climate Requirements. Pole sitaw grows best under full sunlight although it can tolerate partial shading. Adequate water supply and a friable, fertile soil promote healthy growth and quality pods.

Land Preparation. Mix well-decomposed animal manure, compost and garden soil then place it in a pot. Water bottles or PEP bags may also be used.

Planting. Directly sow 2-3 seeds per pot and cover lightly with soil.

Trellising. Support the pole sitaw with trellis when it starts to grow taller. Bamboo poles or sticks may be used to support the growing plant.



Fertilization

Apply any available fertilizer. A well-decomposed chicken manure or compost. Tea manure and fermented plant juice (FPJ) may be used to improve soil fertility.

Irrigation

Pole sitaw requires constant supply of water. Water the plants regularly to enhance flowering and pod setting. Avoid too much water, this can cause root rot. On the other hand, too little water can result to flower and pod drop

Harvesting

Pole sitaw is harvested 60-70 days from planting, depending on the pod diameter and toughness. It is harvested by hand every 3-4 days for up to 30 times during the growing season.

80°C

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Republic of the Philippines
Department of Agriculture
AGRICULTURAL TRAINING INSTITUTE
Cordillera Administrative Region
BSU Compd., La Trinidad, Benguet
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