

## **Growing & Harvest Info**

Edamame soybeans are short day plants, meaning they begin to flower when night period reach a critical length. This makes them not a good candidate for succession planting. Only one planting needs to happen in early to mid-May (or once the soil hits 65 F.) Plant seeds 2" apart, at a depth of 1-1 1/2" with 24-36" between rows. A dozen plants should provide more than enough pods to feed a family of 4.

When pods begin to swell, start checking plants every few days to monitor their progress.

Harvest when the pods are plump, but before they are starchy.

#### **Nutritional Benefits**

Edamame

Source	Rating
Vitamins	EXCELLENT
Minerals	EXCELLENT
Fiber	EXCELLENT

# Edamame

#### Introduction

Edamame is a vegetable soybean that originated in China more than 2,000 years ago. It has a sweet, nutty flavor, smooth texture, and is very nutritious – one half cup serving has 11 grams of protein towards the average adult daily requirement of 46–56 grams.

#### **Preservation**

### Storage:

- For best quality, use edamame within 2-3 days of harvesting
- Refrigerate fresh edamame in a perforated plastic bag

### Freezing:

- Bring pot of water to a rapid boil. Place fresh edamame in a strainer and immerse into the boiling water for about 3 minutes.
- Remove strainer from boiling water and immediately place into a bowl of ice water for a few minutes.
- Remove and place edamame on paper towels and dry quickly.
- Put edamame into freezer bags and freeze immediately.

## Canning:

- All beans are low acid foods and are a good environment for the growth of Clostridium botulinum (botulism), so make sure to use pressure canner and follow correct processing times.
- For more information on canning: https://nchfp.uga.edu/how/can\_04/beans\_peas\_shelled. html

Edamame state	Use by
Raw	5-7 days
Frozen	6 months
Home-Canned	1 year

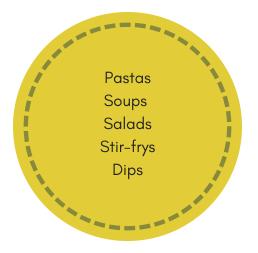


Edamame contains
natural levels of
phytoestrogens that may
potentially help reduce
symptoms during
menopause

# Prepare Edamame Like This:

Baked Boiled Pureed Raw Roasted Shelled Steamed

## Try Edamame In:



# Edamame

### **Preparation**

## Recipe 1: Garlic-Chile Edamame

Serves 10, Preparation 10 minutes Ingredients

- 1 lb. frozen edamame
- 1 tbsp. olive oil
- 1/4 tsp. red pepper flakes
- 2 cloves garlic
- 1/2 tbsp. lime juice
- Salt to taste

#### **Directions**

- Cook one pound of frozen edamame in the pods in salted boiling water until tender, about five minutes, then drain well.
- Heat 1 tbs. olive oil, 1/4 tsp. red pepper flakes and 2 sliced garlic cloves in a skillet over medium heat, for 1–2 minutes
- Stir in edamame, lime juice and salt

## Recipe 2: Crispy Parmesan Garlic Edamame

Serves 10, Preparation 10 minutes

#### Ingredients

- 2 cups raw edamame (fresh or thawed)
- 1 tbsp. olive oil
- 1/4 cup grated parmesan cheese
- 1/4 tsp. garlic powder
- 1 pinch salt to taste
- 1 pinch black pepper to taste

#### **Directions**

- Preheat oven to 400 F. Line a baking sheet with parchment paper.
- In a medium bowl, combine parmesan cheese, garlic powder, salt, pepper. In a separate bowl, add edamame and toss with olive oil. Pour cheese mixture onto edamame and stir until coated.
- Spread edamame on baking sheet in an even layer.
- Bake 12-15 minutes or until browned. Let cool before serving.