



# Edamame

## 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

## 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](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

## 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.

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:

Pastas  
Soups  
Salads  
Stir-frys  
Dips