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 1-11/2" 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

<table>
<thead>
<tr>
<th>Source</th>
<th>Rating</th>
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<tbody>
<tr>
<td>Vitamins</td>
<td>EXCELLENT</td>
</tr>
<tr>
<td>Minerals</td>
<td>EXCELLENT</td>
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<tr>
<td>Fiber</td>
<td>EXCELLENT</td>
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</tbody>
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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

<table>
<thead>
<tr>
<th>Edamame state</th>
<th>Use by</th>
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<tbody>
<tr>
<td>Raw</td>
<td>5-7 days</td>
</tr>
<tr>
<td>Frozen</td>
<td>6 months</td>
</tr>
<tr>
<td>Home-Canned</td>
<td>1 year</td>
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</table>
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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 tbsp. 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.

Prepare Edamame Like This:
- Baked
- Boiled
- Pureed
- Raw
- Roasted
- Shelled
- Steamed

Try Edamame In:
- Pastas
- Soups
- Salads
- Stir-frys
- Dips

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