



Edamame

Plant: Edamame should be planted in soils that are about 55-60° F. The seeds should be planted 1" into the soil, 3" from other seeds, and 20-36" from another row.

Grow: The addition of 40 units of nitrogen help the plant grow. They do best in full sun areas and need about 1" of water per week.

Harvest: Harvesting should occur when the beans in the pod are 80-90% expanded or when the leaves have changed from a bright green to a slight yellow-green. When picking, select pods that are bright green in color. The beans should be almost touching inside the pod and the raw beans should taste mild and sweet.

Nutrition Facts	
Serving Size approximately 1/2 cup cooked (85g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 11g	
Vitamin A 10%	Vitamin C 0%
Calcium 10%	Iron 10%

Nutritional Information:

Edamame is high in antioxidants and isoflavones, which help strengthen our immune system and reduce the risk of cancer. They are also 36% protein and very low fat, which make it a great snack for vegetarians. They are rich in vitamins C, B, and E, as well as fiber and folic acid.

How to Prepare: Edamame peas must be cooked before eating. They can be prepared by boiling or steaming. To eat, squeeze the pod in the middle until the bean pops out of the pod. The simplest way to eat them is with a sprinkle of sea salt and pepper or with soy sauce. Edamame can be eaten by itself, in a salad, inside a veggie burger, or many other options.



Edamame Ginger Dip

Yields: 1 ½ cups

Serving size: 1/4 cup

Ingredients

8 ounces frozen shelled edamame

1/4 cup water

2 tablespoons reduced-sodium soy sauce

1 tablespoon minced fresh ginger

1 tablespoon rice vinegar

1 tablespoon tahini

1 clove garlic

1/8 teaspoon salt

Hot pepper sauce to taste

Preparation

1. Cook edamame according to package directions.
2. Puree the cooked edamame, water, soy sauce, ginger, vinegar, tahini, garlic, salt and hot sauce in a food processor until smooth.
3. Chill for 1 hour before serving.

Nutrition Facts per Serving:

70 calories, 3 g fat, 6 g carbohydrates, 2 g fiber, 5 g protein