

# EDAMAME

## GLYCINE MAX

FAMILIAR TO ALL THAT HAVE A LIKING FOR JAPANESE CUISINE, EDAMAME ARE THE BOILED OR STEAMED IMMATURE PODS OF THE SOYBEAN, HUSKED AND EATEN WITH SALT. THE DISH HAS A LONG HISTORY, WITH THE FIRST DOCUMENTED USE OF THE WORD EDAMAME DATING TO 1275. RICH IN CARBOHYDRATES, PROTEIN, DIETARY FIBER, AND MICRONUTRIENTS, PARTICULARLY FOLATES, MANGANESE, AND VITAMIN K, THIS TASTY TREAT ALSO PACKS A POWERFUL NUTRITIONAL PUNCH. THE BUSHY PLANTS PRODUCE PODS IN CLUSTERS, WHICH SHOULD BE HARVESTED AT ABOUT 80% MATURITY. TRADITIONALLY, THE WHOLE PLANT IS HARVESTED, LEAVING THE PODS INTACT UNTIL READY TO PREPARE. DELICIOUS.



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