

# APRIL IS NATIONAL SOYFOODS MONTH

**Soybeans**  
Nebraska Soybean Board

## *How does your garden grow?*

Want to try growing your own soybeans in the garden? Edamame, large soybeans that are harvested when the beans are still green and sweet tasting, are easy to grow in your garden. They like full sun and are adaptable to most soil types. They are ready to harvest in 65 to 90 days, and planting seeds every week or so will let you fresh soybeans throughout the summer. Edamame is best—from both a flavor and nutrition standpoint—if eaten soon after picking. Edamame is a delicious, healthy snack. Because it is something you can eat with your fingers and its flavor has a light sweetness blended with a nutty taste, edamame appeals to children and adults alike. Boil the freshly picked pods for about ten minutes in salted water. Drain the pods and serve them heaped in an attractive bowl. They are equally delectable as finger food whether served slightly warm from cooking, at room temperature, or lightly chilled. Hold the pod and gently push the beans out of the pod, pop them into your mouth, and enjoy their sweet, nutty flavor. For more information about how to grow soybeans in your garden and a list of edamame varieties, visit the National Garden Bureau's Web site at: [www.ngb.org](http://www.ngb.org).



*For more information call* **800-852-BEAN**

[nebraskasoybeans.org](http://nebraskasoybeans.org)