

Harvest of the Month



March



Edamame



Pick:

•Edamame is rarely sold fresh (check your farmers' market!), but it is available frozen (both shelled and unshelled) all year. Looking for local? Snopac brand sells a local, frozen option.

Store:

- Keep fresh edamame dry in a perforated plastic bag in the refrigerator.
- Frozen edamame can be kept in the freezer for about 6-12 months or until the use by date on the package.

Prepare:

•Edamame (whether shelled and unshelled) can be boiled, steamed or microwaved. The pod is inedible and should be discarded after cooking.

Nutrition Info

½ cup of shelled edamame has 90 calories and provides iron, fiber, and protein.

Fun Facts

Some call edamame the super vegetable because it is the only vegetable that contains all nine essential amino acids.

Did you know that edamame is considered a protein food as well as a vegetable by the USDA? It packs a double punch!

Edamame are immature soybeans that are still in their pods. They are green and the pods are slightly fuzzy! The pod is not edible.

Uses

For a simple snack, blanch edamame pods in salted water, drain, and serve sprinkled with sea salt. Kids can help squeeze the pods to pop out the edamame!

Cooked, shelled edamame is a great addition to stir-fries and salads. It can also be added to hummus and guacamole! Another easy option?

Add a sautéed bell pepper and a few handfuls of cooked edamame to taco meat for a nutrition boost!

Family Friendly Activities

Can you name at least 7 different varieties of beans? In which recipe(s) would you most likely find each type of bean? Find a recipe that features multiple types of beans (think chili or soups!) and make it for dinner.

March is a great time to plan your spring garden! Choose a few new plants to try this year – might we suggest edamame?

Nutrition Facts

Serving Size (83g)
Servings Per Container 4

Amount Per Serving

Calories 150 Calories from Fat 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 320mg **13%**

Total Carbohydrate 10g **3%**

Dietary Fiber 3g **12%**

Sugars 1g

Protein 7g

Vitamin A 6% • Vitamin C 20%

Calcium 6% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Edamame Hummus

Serves 4 (1/4 cup per serving)

Ingredients:

1 ½ cups edamame, frozen, shelled

2 Tbsp. tahini (sesame seed paste)

¼ cup water, plus more if needed

Juice of 1 lemon

1 clove garlic, crushed

salt and pepper to taste

2 tsp. olive oil

Directions:

In a food processor or blender, blend edamame, tahini, water, lemon juice, garlic, salt, pepper and 1 tsp. olive oil until smooth. Add more water if needed until consistency is smooth. Place in bowl and top with 1 tsp. oil.

Serve with your favorite vegetables!

For more information on Farm2School visit: www.laxF2S.org.

Color
Edamame!

