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?

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-frys and salads. It can also be added to hummus and guacamole! Another easy option? Add a handful 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 dinner.

Farm2School Updates
Last month, the Coulee Region Farm2School team met with Tony Kurtz of Senator Ron Johnson’s office to talk about the benefits of Farm2School in the Coulee Region, WI and beyond! We also talked about progress made with school meals, the economic impacts of buying local foods, and how the Community Eligibility Provision has benefitted students at Northside Elementary. Meetings like this not only allow us to highlight our program, but also the successful partnerships and support in our community that make F2S possible!
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 process 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.