

# Harvest of the Month



April



Edamame



## Pick:

- Choose fresh beans that are crisp and free from blemishes. Edamame is rarely sold fresh, but it is available frozen (both shelled and unshelled) all year.

## Store:

- Keep beans dry in a perforated plastic bag in the refrigerator. They should stay fresh for a few days. Frozen beans can be kept in the freezer for about 6-12 months.

## Prepare:

- Edamame are often kept in their shells to help maintain freshness.
- Edamame (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? The USDA Food Patterns classify beans and peas as a subgroup of the Vegetable Group. The USDA Food Patterns also indicate that beans and peas may be counted as part of the Protein Foods Group.

Edamame are immature soybeans that are in pods. They are green!

## Uses

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

Cooked shelled edamame is a great addition to stir-frys and salads. Beans can also be added to hummus and guacamole!

## Family Friendly Activities

Did you know that your plate should be filled with fruits and vegetables of all different colors of the rainbow? Name all the different colors of the rainbow and pick 2 fruits and 2 vegetables to go with each color! Have your child make a chart to show the colors they've eaten!

Can you name at least 7 different varieties of beans? Which recipe(s) would you most likely find each type of bean? Are there recipes that would feature multiple types of beans?

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## Crunchy Asian Ramen Noodle Salad

Serves 10

### Nutrition Facts

Serving Size (156g)		Servings Per Container	
<b>Amount Per Serving</b>			
<b>Calories</b> 320	Calories from Fat 200		
	% Daily Value*		
<b>Total Fat</b> 22g			<b>34%</b>
Saturated Fat 3.5g			<b>18%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 350mg			<b>15%</b>
<b>Total Carbohydrate</b> 27g			<b>9%</b>
Dietary Fiber 4g			<b>16%</b>
Sugars 12g			
<b>Protein</b> 5g			
Vitamin A 10%		Vitamin C 50%	
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	Less than	300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

### Ingredients:

- 1 (16 ounce) bag coleslaw mix
- 1 (3 ounce) package ramen noodles, crumbed (discard seasoning packet)
- 1 cup shelled and cooked edamame
- 1 avocado, diced
- 1 mango, diced
- ½ cup thinly sliced almonds
- ½ cup thinly sliced green onions
- 2/3 cup olive oil
- 1/3 cup honey
- 1/3 cup rice wine vinegar
- 2 tsp. soy sauce
- pinch of salt & pepper

### Directions:

In a large bowl combine coleslaw, ramen, edamame, avocado, mango, almonds and onions. In a separate bowl, whisk together olive oil, honey, vinegar, soy sauce and salt & pepper. Toss cabbage mixture with dressing. Serve immediately, or cover and refrigerate for up to 3 days.

For more information on Farm2School visit: [www.laxF2S.org](http://www.laxF2S.org).

Color  
Edamame!

