**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.

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**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?
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](http://www.laxF2S.org).*