

# Edamame



- Edamame is the Japanese word for sweet, green vegetable soybeans
- They have a nutty, sweet flavor and creamy yet slightly crunchy texture
- Edamame is usually consumed as a snack, similar to peanuts.
- Soybeans need direct sunlight to grow. The number of days it takes to fully grow a mature soybean plant is directly related to the number of sunny days.
- Soybeans are harvested when the plants turn completely brown
- The United States is the largest producer of soy beans in the world.



[Click Here to See Family Preparing Edamame](#)

**OKCPS School Nutrition Services**

