

KITAZAWA SEED CO.

R E C I P E S

Edamame

Grow soybeans in your kitchen garden for the freshest snack. Edamame is a good choice as an appetizer too. Bite on the cooked pod and out pops the beans.

- Green or black soybeans
- Salt
- Water

Wash fresh podded soybeans. Add them to salted boiling water. Boil for 5 minutes or less. Taste test for the desired doneness.