



SOY BEAN BUSH

A mainstay of cuisine around the world, Soybeans are at last becoming a staple on the North American table as well! Fresh soybeans, boiled in water, and dashed with salt are a wonderful nutritious treat. Soybeans are only one amino acid short of a full protein, and are loaded with calcium. Gone are the days of being classified as "Green Manure" or "Animal Feed" the soybean is enjoying its popularity in vegetable gardens, on dinner tables, and served as a snack with a cold beer, earning its nickname - beer friend.

Easy to grow they are a fun addition to the vegetable garden. This dwarf plant is a terrific way to grow all you need in very little garden space. Just 1 foot tall, Early Hakucho sets the pods in a very concentrated fashion, and because they all mature at the same time, you can harvest them by simply pulling up the entire plant! Grow Early Hakucho as you would a snap bean, spacing about 20 cm (8 in) apart and watering very thoroughly during dry periods. One of the best crops for warm climates, it is quite tolerant of high heat. Harvest when the pods are just beginning to bulge with seeds.

Soybeans are bush beans and are grown just like other bush varieties you may have grown in the past. Sow your first batch of seed directly into the soil a week after the last frost. Sow seeds, in organically enriched light soil, to a depth of 2.5 cm (1 in). Plant your seeds 20 cm (8 in) apart in rows spaced 75 cm (30 in) apart. Being a bush bean they require no staking. Within a week you should see signs of germination, for continuous harvest sow bi weekly. Be sure to water beans regularly during growth, as even a few days drying out will reduce the harvest. Feed regularly using your favourite organic vegetable food, beans do not need extra nitrogen so be careful not to give too much or you will delay fruit development. Harvest when Beans are plump and almost touching each other in the pod! Soybeans will also benefit from a small application of potassium in the summer, such as a light dressing of granular or liquid bone meal.

How to Cook Soybeans...

Bring a large pot of water to a boil, and then boil whole pods until tender. Remove, cool slightly and sprinkle lightly with sea salt. Serve whole. They are enjoyed by simply popping the bean out of the pod, directly into the mouth. Can be easily stored frozen. Also can be picked fresh and popped into salads to add a delicious buttery flavour and tender firm texture!