

Edamame

Domesticated in Northern China 3000 years ago, the soybean is ever-present in our diets today. The fresh form called "edamame" in Japan, is what you'll be seeing in your box. They are sweeter in this immature form, and are a very tasty snack when boiled in salt water until tender.



Growing info: These beans are a long-season crop which is planted in spring, and harvested in late summer. This is our first season growing them, so we'll see how the crop fairs!

TIPS:

Short-term Storage: See fava beans

Long-term Storage: See fava beans

General Cooking Info: These beans are a great snack. The best way to prepare them is to boil them in salty water until the beans inside are tender. Place in a bowl and allow the eaters to pop the beans out of pods into their mouths. They are a good companion to beer and nuts.

Edamame Guacamole

1 cup frozen shelled edamame, thawed
 1 ripe avocado, peeled and pitted
 1/2 cup chopped cilantro
 2 cloves garlic, minced
 1/4 onion, roughly chopped
 1/2 jalapeno, finely chopped
 Juice of 2 limes
 2 to 3 tablespoons water
 Salt and freshly ground black pepper, to taste

Put edamame, avocado, cilantro, garlic, onion, jalapeno, and lime juice in the bowl of a food processor and pulse until combined. Add enough water to make a creamy consistency and pulse again. Pulse until smooth. Transfer edamame guacamole to a serving bowl and season with salt and pepper. Stir. Serve with chips or vegetables.

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Crispy Edamame

1 (12 ounce) package frozen shelled edamame (green soybeans)
 1 tablespoon olive oil
 1/4 cup grated Parmesan cheese
 salt and pepper to taste

1. Preheat the oven to 400 degrees F (200 degrees C). Place the edamame into a colander and rinse under cold water to thaw. Drain.
 2. Spread the edamame beans into the bottom of a 9x13 inch baking dish. Drizzle with olive oil. Sprinkle

cheese over the top and season with salt and pepper.
 3. Bake in the preheated oven until the cheese is crispy and golden, about 15 minutes.

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Edamame and Summer Bean Salad

3/4 pound wax beans
 2 cups shelled edamame
 2 green (spring) onions
 2 tomatoes, seeded and diced
 1 tablespoon chopped fresh basil
 1 tablespoon rice vinegar
 1 tablespoon fresh lime juice
 1 teaspoon honey
 1 teaspoon Dijon mustard
 2 teaspoons olive oil
 1/2 teaspoon salt
 1/4 teaspoon freshly ground black pepper

Trim the wax beans and cut crosswise into thirds. In a large pot fitted with a steamer basket, bring 1 inch water to a boil. Add the wax beans and edamame, cover and steam until both are tender-crisp, about 5 minutes. Drain, rinse with cold water and drain again.

Trim the green onions, then thinly slice on the diagonal, including the tender green tops.

In a large bowl, combine the steamed edamame and wax beans, green onions, tomatoes and basil. Toss to mix evenly.

In a small bowl, combine the vinegar, lime juice, honey and mustard. Whisk in the olive oil. Add the dressing to the vegetables and toss to coat. Season with the salt and pepper. Serve chilled or at room temperature.

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