

**Edamame is a soybean bred
to be eaten as a vegetable.**

**It is more flavorful,
higher in nutrients and
more digestible than
regular soybeans.**

**Edamame is Japanese
for *Beans on a Branch*.**

They are nutritious and delicious!

To prepare Edamame,

**Boil or steam them for 5 to 10 minutes and sprinkle with salt.
Then squeeze the beans from the pods into your mouth, or shell
them and use them in
most any recipe, from
soup to stir fry.**

***Children love them and so
does everyone else!***

Now Available from

Epic Gardens

Bon Air, Virginia

Visit EpicGardens.com

to order or to learn more.



Why offer Epic Gardens Edamame to your customers?

1. The appeal of edamame has reached far beyond ethnic restaurants and into kitchens and lunch boxes across the continent.
2. Soybeans grow well in Virginia, and these nutritious vegetable-type soybeans are no exception. These varieties were bred in Virginia.
3. Edamame is delicious and nutritious. In fact, Edamame is considered a super food:
4. Your customers are aware of the advantages of eating locally, and Edamame is a good way to eat lower on the food chain.
5. It will add to your bottom line.
6. Most of what is available now is imported from China¹ or at least the West Coast
7. Epic Gardens is a small Virginia business and is growing enough Edamame for this pilot program to introduce fresh, Virginia-grown edamame to natural and mainstream grocers. This pilot program will have an impact on growers, brokers, retailers and customers, as well as rural economy, and community food security; in short, the Commonwealth and beyond.

What Are the Market Conditions?

There is a large and growing market for edamame, and currently all that is available is frozen and imported from the Pacific rim countries.

Here is a testimony from the west coast: "Eddie Alvarez, a mid-size farmer in Mabton, Washington, has been growing edamame for three years. Alvarez said, "Edamame is my number one crop. If I had more land, I would plant it in edamame." Alvarez began growing edamame because customers at the farmers' markets requested it. In the past three years, he has seen his clientele expand beyond his Asian base. Alvarez sees a growing and diverse consumer demand for edamame. *Alvarez currently has eighty acres of edamame and would like to grow more.*"

We hope to provide fresh edamame to market from August through November, and seek retailers who will promote the health benefits and the local aspect of the product. Epic Gardens will help with the promotions.

For more information visit <http://epicgardens.com/>

¹In February of 2007, two major suppliers replied to an email inquiry about sourcing. One said, "All of our ... Edamame items are imported from China...they have the best source of Non GMO [genetically modified organism] Edamame. It is extremely hard to find non GMO Edamame in the US that meets our quality standards...it is impossible to get the quantity and the quality we need." The other replied, "The first crops used were grown and processed from within the United States. We now use a supplier in China that supply [sic] us with bigger pods and sweeter beans."

These suppliers provide *frozen* bags of edamame, both in and out of the pod. *Fresh* edamame has been identified as the highest in demand and hardest to find. Freshness is the key to gaining the market, and a local product is more likely to be truly fresh.

Fresh, Local Edamame (*Glycine max*)

Virginia Grown Vegetable Soybeans,
from Seed Bred in Virginia, according to G.A.O.P.*

- 🌱 Non GMO
- 🌱 No pesticides
- 🌱 No herbicides
- 🌱 No chemical fertilizer
- 🌱 On soil nurtured with organic matter and minimal tillage
- 🌱 Only pure, delicious nutrition in a bean

***Generally Accepted Organic Practices**

1/2 cup of shelled edamame,
or just over a cup in the pod contains:

120 calories
9 grams fiber
2.5 grams fat
1.5 grams polyunsaturated fat
(0.3 grams plant omega-3 fatty acids)
0.5 gram monounsaturated fat
11 grams protein
13 grams carbohydrate
15 mg sodium
10% of the Daily Value for vitamin C
10% Daily Value for iron
8% Daily Value for vitamin A
4% Daily Value for calcium



AND they are very satisfying to eat!

We are growing to provide fresh, local Edamame to our customers throughout Virginia and are seeking cooperators in this venture.



Edamame is Japanese for
“Beans on a Branch.”

They are also called
“vegetable type soybean.”

- 🌱 They are nutritious and delicious!
- 🌱 High in protein, great for vegetarians!
- 🌱 To prepare, boil or steam the edamame in their pods for about 10 minutes and sprinkle with salt.
- 🌱 Eat them by squeezing the emerald colored beans into your mouth
- 🌱 Or use them in recipes, from soups to stir fries to desserts.
- 🌱 Not suitable for those sensitive to soy.



If you want to carry Edamame in your store or restaurant, OR grow our seeds, either for your market or as a cooperator with us, or have any questions at all,

**Contact us at
EpicGardens.com**