

Edamame

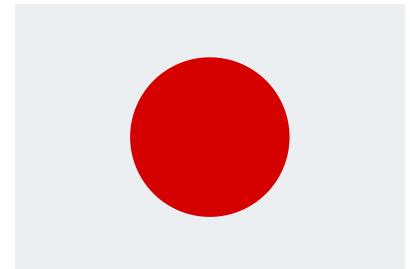
Look: Edamame are light green and tightly sealed revealing a bumpy appearance from the 2-3 plump beans inside.

Taste: Edamame is sweet and nutty with a subtle grassy undertone. You can eat the pod, however it is very tough.

Touch: The edamame pod has a fine layer of fuzz that protects the bean inside. The beans are oval and smooth with a slippery surface.



The word "Edamame" means
"stem bean" in Japanese!



Did you know?

Once the beans are removed from the pod, they are referred to as Mukimame. This is a Japanese word. Muki means to peel and Mame means bean.



Nutritionals

