



WILLIAMSTOWN, NJ
WWW.REDDRAGONGROWERS.COM

EDAMAME

(Glycine max)

GROWING PROTEIN • BUILDING SOIL • FEEDING THE FUTURE

Edamame is the immature form of the soybean, harvested while the beans are tender, sweet, and full of nutrition. Easy to grow and incredibly productive, it feeds your family while it feeds the soil.



WHY GROW EDAMAME?

- One of the easiest vegetables to grow
- Easy to freeze
- High in plant protein and fiber
- Easy to save seed
- Rich in vitamins
- Great for beginners
- Improves soil through nitrogen fixation
- Delicious fresh from the garden
- No trellis required

Even picky eaters often love it!



GROWING BASICS



SUN: Full sun (6–8+ hours)



SOIL: Loose, well-drained, rich in organic matter.



SPACING: 6 inches apart



ROWS: 12–18 inches



DIRECT SOW: After soil reaches 65°F (18°C)



DAYS TO HARVEST: 70–90 days



WATER: Keep evenly moist during flowering and pod fill

HARVEST

Harvest when:

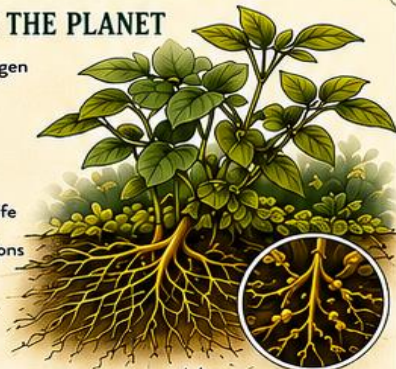
- ✓ Pods are bright green
- ✓ Pods feel plump
- ✓ Beans nearly fill the pod
- ✗ Don't wait until pods turn yellow.

Steam within a few hours for the sweetest flavor.



WHY IT HELPS THE PLANET

- Fixes atmospheric nitrogen through beneficial root bacteria
- Adds organic matter to the soil
- Supports soil microbial life
- Fits well into crop rotations
- Requires no trellis and minimal inputs
- Flowers provide forage for bees and other beneficial insects



Look for these nodules on the roots! They are where nitrogen is fixed.

SEED SAVING

- 1 Leave your healthiest pods on the plant.
- 2 Allow pods to dry completely.
- 3 Remove seeds.
- 4 Store in a cool, dry place.
- 5 Plant next spring.



WHY IT HELPS YOU

ABOUT 1 CUP COOKED, SHELLS EDAMAME PROVIDES:*

18 g Plant Protein	20% Iron
8 g Fiber	20% Magnesium
8 g Healthy Fats	15% Potassium
120% Folate (B9)	50% Copper
45% Vitamin K	Antioxidants & Isoflavones

*Percent Daily Value (DV) based on a 2,000 calorie diet.

DRAGON'S TIP

After harvest, cut the stems at ground level and leave the roots in place. The nitrogen-fixing nodules and root system add organic matter and support healthy soil biology as they decompose.



DID YOU KNOW?

Edamame is harvested while the soybean is still green and tender. If left on the plant to dry, those same pods become the dry soybeans used to make tofu, tempeh, soy milk, and many other foods.



HOW TO ENJOY



Steam & Sea Salt



Edamame Hummus



Add to Stir Fries



Roast, with Garlic



Soups & Salads



Freeze for Later

POPULAR VARIETIES COMPARED

ENVY

- 75–85 days
- Mostly 3 beans/pod
- Mild, buttery, smooth
- Reliable producer



CHIBA GREEN

- 70–80 days
- 2–3 beans/pod
- Sweet, creamy, classic edamame taste
- Fresh eating, steaming, freezing



MIDORI STAR

- 80–90 days
- 2–3 beans/pod
- Sweet, rich, buttery, nutty
- Large beans, long harvest window



ZONE 7A
SOUTH JERSEY

SCAN FOR MORE
GROWING GUIDES,
VIDEOS & RESOURCES



THE RED DRAGON GROWERS

GUARDIANS OF GREEN • FOSTERING LIFE, HEALTH, AND HARMONY
267-670-1959 • WILLIAMSTOWN, NJ • WWW.REDDRAGONGROWERS.COM





WILLIAMSTOWN, NJ
WWW.REDDRAGONGROWERS.COM

EDAMAME

THE RED DRAGON WAY

NUTRIENT DENSE • NITROGEN FIXING • FOOD SECURITY • SOIL BUILDING

Healthy soil. Abundant harvests. Stronger communities.

WHY GROW EDAMAME?

- High in plant protein, fiber & folate
- Supports heart, bone & gut health
- Stabilizes soil & adds organic matter
- Attracts pollinators & beneficials
- Great fresh, frozen or fermented food



WARM
SEASON
CROP



DIRECT SOW AFTER SOIL WARMS
MIN. 60–65°F (IDEAL 70°F+)



OPTIONAL INDOOR START:
10–14 DAYS BEFORE OUTDOOR PLANTING



FULL SUN
6–8+ HOURS



DIRECT SOW IS BEST
FOR STRONG ROOTS

1. ENVY SOYBEAN



Early, dependable & compact. Classic edamame with sweet, buttery flavor.

- Type: Bush
- Maturity: 75–85 days
- Plant Height: 24 in.
- Pods/Plant: 30–60+
- Beans/Pod: 2–3
- Flavor: Mild, buttery, smooth
- Best Use: Fresh eating, steaming, freezing
- Strengths: Early harvest, compact, reliable producer

USDA
ORGANIC

2. CHIBA GREEN SOYBEAN



Very early, high-yielding Japanese edamame. Rich, sweet & creamy.

- Type: Bush
- Maturity: 70–80 days
- Plant Height: 24–30 in.
- Pods/Plant: 30–60+
- Beans/Pod: 2–3
- Flavor: Sweet, creamy, classic edamame taste
- Best Use: Fresh eating, steaming, freezing
- Strengths: Very early, large harvest, heavy yield

USDA
ORGANIC

3. MIDORI STAR SOYBEAN



Large, premium edamame with longer harvest window. Excellent flavor.

- Type: Bush
- Maturity: 80–90 days
- Plant Height: 26–36 in.
- Pods/Plant: 30–60+
- Beans/Pod: 2–3
- Flavor: Sweet, rich, buttery, nutty
- Best Use: Fresh eating, freezing, roasting
- Strengths: Large beans, long harvest window, excellent flavor

USDA
ORGANIC

HIGHLIGHTS

- Great choice for short seasons
- Excellent cold germination
- Very uniform pods
- Consistent high yields
- Perfect for smaller spaces

HIGHLIGHTS

- One of the earliest varieties
- Outstanding sweet flavor
- Excellent for succession planting
- High protein and nutrient dense
- Great for freezing

HIGHLIGHTS

- Largest beans of the three
- Rich, sweet, buttery flavor
- Longer harvest window
- Excellent for roasting
- Beautiful in the garden

BEAN PROFILE

Beans are bright green, smooth, and sweet with a mild, buttery finish.



BEAN PROFILE

Beans are vibrant green, plump, and exceptionally sweet with a creamy texture.



BEAN PROFILE

Beans are large, tender, and buttery with a rich, slightly nutty finish.



BEST HARVEST WINDOW

Day 75–85

Harvest when pods are bright green and plump, beans nearly fill the pod.



BEST HARVEST WINDOW

Day 70–80

Harvest just before pods begin to yellow. Steam within a few hours for the sweetest flavor.



BEST HARVEST WINDOW

Day 80–90

Harvest when pods are full and bright green. Waiting longer develops a deeper, nuttier flavor.



GROWING TIPS FOR ALL THREE VARIETIES



SUN: Full sun (6–8+ hours)



SOIL: Loose, well-drained, rich in organic matter



SPACING: 6 inches apart



ROWS: 12–18 inches



DIRECT SOW: After soil reaches 65°F (18°C)



WATER: Keep evenly moist during flowering and pod fill.



DAYS TO HARVEST: See each variety for details.



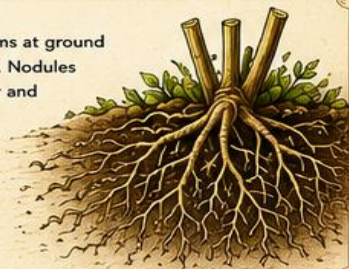
FERTILITY: These legumes fix their own nitrogen. Avoid high-nitrogen fertilizers.



MULCH: Helps retain moisture, suppress weeds, and feed soil life.

AFTER HARVEST: Cut stems at ground level and leave roots in place. Nodules and roots add organic matter and support healthy soil biology as they decompose.

Healthy soil →
Healthy plants →
Healthy people



DID YOU KNOW?

Edamame is harvested while the soybean is still green and tender. If left on the plant to dry, those same pods become the dry soybeans used to make tofu, tempeh, soy milk, and many other foods.



HOW TO ENJOY



Steam & Sea Salt



Add to Stir Fries



Soups & Salads



Edamame Hummus



Roast with Garlic



Freeze for Later



THE RED DRAGON GROWERS
GUARDIANS OF GREEN • FOSTERING LIFE, HEALTH, AND HARMONY