

EDAMAME SEEDS



HOW TO

PLANT AND MANAGE
YOUR EXPERIMENTAL
EDAMAME VARIETIES

You have received three Virginia State University experimental varieties of Edamame (*Glycine max*):

VS15-6021	Early-Season
VS15-5046	Mid-Season
VS15-4007	Late-Season

This guide includes everything you need to know to grow and manage your edamame.



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PLANTING INFORMATION

General information

- Planting date (Central VA) May 15 - 25
- Temperature Evening temps remain above 55°F (13°C)
- Days to germination 7-10 days
- Days to maturity 120 days
- Sunlight needs Full sun

Planting (see Figures 1 & 2)

- Seed depth 1.5 inches deep
- Seed spacing 4-6 inches apart
- Row spacing 30 inches between row



For best pod production, thin to a final spacing of six inches apart.

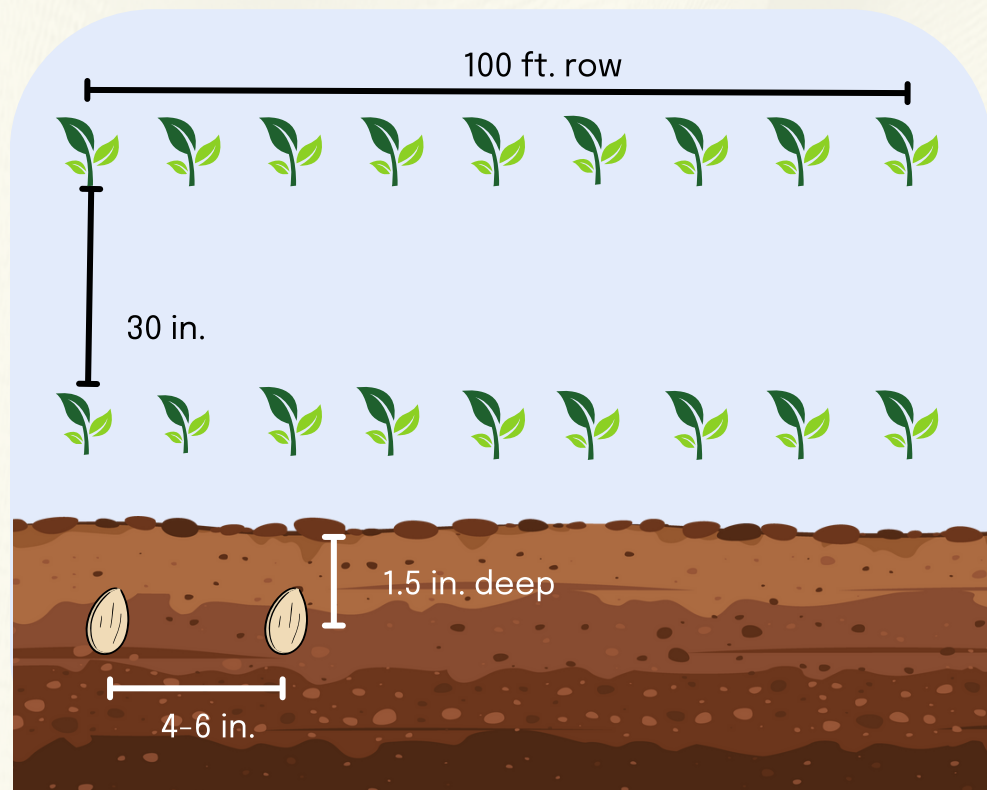


Figure 1 - example planting diagram (not to scale)

Figure 2 - example seed depth and spacing

PLANTING INFORMATION

Water needs

- Weather-dependent watering
 - For successive harvests
- If it hasn't rained for three weeks, add 1/4-1/2 in. of water
- Sow seeds every two weeks until early July for longer harvest seasons

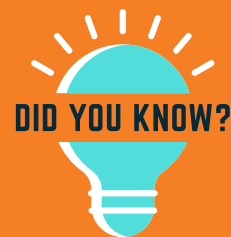
Other management

- Fertilizer needs
 - Pest management
- None
- Protect seedlings from large birds with row cover
- Weed, as needed
- Pest & insect resistant
- Fence plots after planting to exclude deer, as needed



HARVESTING

- Pick fresh edamame when pods are plump.
- As edamame ripens, the beans will almost touch each other inside the pods (pictured right).
- Harvest before pods turn yellow. Otherwise, beans will be tough and not tender to eat.
- Harvest pods just like green beans or sugar snap peas. Hold the pod by the stem with one hand and snap the pod off with your other hand. Picking with only one hand will damage the plant.



Mature edamame plants may produce up to 150 pods!



Figure 3 - Ripe edamame pods, ready to be harvested. Photo by VSU.

COOKING EDAMAME

Boiling

Place unopened pods in a large pot of salted water. Bring water to a boil and boil for up to 10 minutes or until the beans in pods are tender. Drain and serve hot or cold, sprinkled with coarse salt to taste.

Microwaving

Place unopened pods in a microwave-safe dish with $\frac{1}{4}$ cup water and a pinch of salt, cover top of dish partly. Microwave on high until bright green, 2 to 5 minutes. Salt and pepper, to taste. Serve hot or cold.



STORING EDAMAME



Type	Room Temp	Refrigerated	Freezer
Raw	1 day	2 days	a few months
Cooked	1 hour	7 days	12 months

**Thank you for participating
in this VSU research and
extension project.
We wish you success!**

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