

Seeds!

The Skinny on Legumes

Legumes are plants that have pods with rows of seeds inside. The world grows more than 13,000 species of legumes which includes lentils, soy, beans, peas, and peanuts. Commercial farmers in Wisconsin grow 2 varieties of legumes—light and dark kidney beans. Legumes were one of the first plants to be farmed and have been part of the human diet since ancient times. Legumes are low in fat and high in protein and minerals. They make a cheap, delicious, and healthy substitute for meat.



Edamame: Super Snack!

Edamame is Japanese for soybean. You can find Edamame in The freezer section. To make, boil whole pods in water for 10 minutes, drain, salt and cool. The outer pod is tough and tasteless, but the beans inside can be eaten as finger food. To eat, push the beans out of the pod with your fingers or suck them out—right into your mouth. Japanese people eat edamame like Americans eat peanuts.

CHALLENGE QUESTION

Name 1-2 popular seeds you or your family like to eat.

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[*Lentil Tacos with Creamy Radish Slaw*](#)

