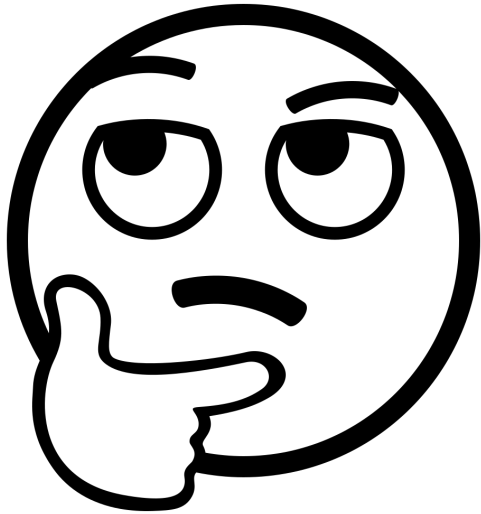


TASTEMASTERS



Our TASTEMASTERS recipe...

What ingredients do you
recognize??



Edamame

- The word means “beans on a branch”
- Originated in China but most popular in Japan
- Started becoming a snack in the US in the 1970’s.
- Can be eaten hot or cold, mixed into salads, stir fry or soups, served as an appetizer in the pods with a little salt.



Check it out for yourself!

- Pod is not toxic but we don't eat that part! It's extremely tough and chewy.
- Grab a bean- let's take it apart!



What's inside the edamame?

IDENTIFY THESE PARTS:

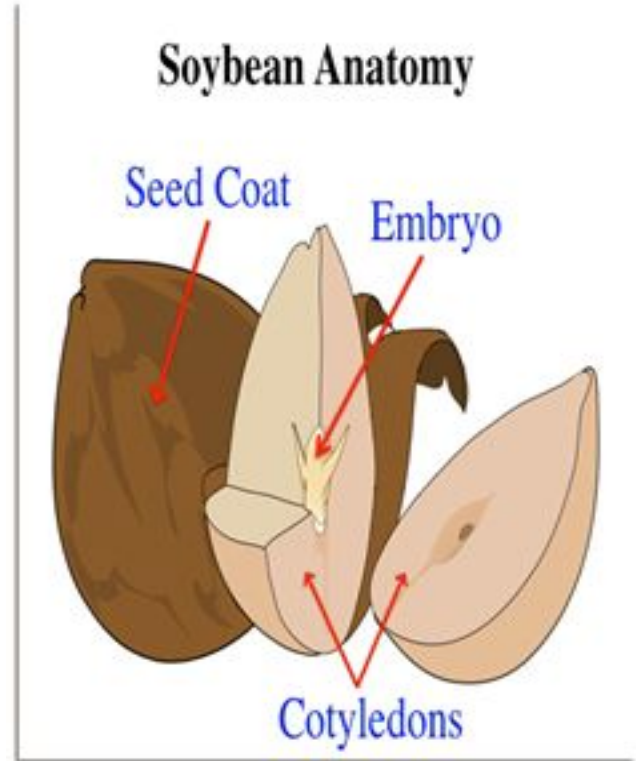
- **Hilum**- spot where bean attached to the pod.
- **Seed coat**- holds it all together.

That's the fiber! It helps you digest your food.

- **Embryo**- the baby plant inside that will push out of the ground and become a new plant.
- **Cotyledons**- the smooth part that acts as the food source for the embryo when the seed is buried.

Also a food source for us! It is a complete

protein and excellent source of folate- a vitamin that helps your cells divide.



Let's see this in action!

<https://www.youtube.com/watch?v=w77zPAtVTuI>

You'll be able to see the root coming out of the hilum. The seed coat peels away and the bean opens up to reveal the embryo, which eventually pushes up out of the ground. The cotyledons (remember- the food energy source?) will become leaves, low down near the soil.

Corn Roast!

Why bother roasting the corn?

How does roasting change the corn?

Color, Flavor- deeper more intense flavor

More flavor “layers”- corn, smoky, caramel

See if you notice the difference!



Think of a name! Past winners...

Bok Choy Ahoy

Applemania Salad

Quinoa-tastic Salad

Red Rice Blast!



WHO'S GOING TO TRY IT??



Even if you don't think you're going to like it, see if there's something you can try! Pick out a piece of corn or just taste the dressing.



Soy bean Anatomy: https://www.agclassroom.org/teacher/matrix/lessonplan_print.cfm?lpid=79

Edamame: <https://www.medicalnewstoday.com/articles/280285.php>

Growing Edamame: <https://www.almanac.com/plant/edamame#>