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AGRICULTURAL EXTENSION SERVICE, UNIVERSITY OF MINNESOTA

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Edible Soybeans For Home Garden

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Try something different in your home garden this season. Grow garden-type soybeans for a unique vegetable that is a valuable and economical source of several essential nutrients.

Although rising food prices should prompt the use of green soybeans on the table, they have not been popular in this country as compared to the Orient where they are widely used. Very few are grown in Minnesota. It may be because people do not like to shell them and use them green. Extension Horticulturist Orrin Turnquist suggests these varieties for the home garden: Akita Early, Early Green Bush, Kanrich, Pickett and Verde. More information is available in "Suggested Vegetable Varieties for Minnesota--1976," from the Bulletin Room, University of Minnesota, St. Paul 55108.

Plant when the soil is warm in mellow or sandy loams. If you are growing soybeans for the first time, get some soil from a field where soybeans have been grown before and scatter it in your garden. Bacteria in this soil will help the soybeans utilize nitrogen from the air. If you do not have bacteria in your soil, apply nitrogen fertilizer.

For more information, get "Soybeans in Family Meals," USDA Home and Garden Bulletin No. 208, from the Superintendent of Documents, U. S. Government Printing Office, Washington, D. C. 20402.

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