



You do not need to be a 4-H member to participate

Participants must be:	Submission must:	Recipe must:
<ul style="list-style-type: none"> Grades 5-12 Reside in Hawai'i or 4-H OCONUS 	<ul style="list-style-type: none"> Be 5-7 minute video Feature a LOCAL commodity Include safe food-handling Include a photograph 	<ul style="list-style-type: none"> Feature a LOCAL commodity (grown or raised locally) Be a healthy recipe Include nutrition information Include the featured commodity in recipe title

Video Requirements

- Commodity**
 - Where the featured commodity is grown or raised locally
 - Background information on the commodity
 - Cultural and/or local connections
- Safety**
 - Follows guidelines for food handling
 - Kitchen safe skills are utilized
- Nutrition**
 - Commodity nutrition facts are discussed
 - Commodity health benefits are explained
- Resources**
 - References for recipe, nutrition, and/or food safety information is listed or mentioned.

soybean

SOYBEAN is originally from East Asia. Both fresh shell and dry seed forms are highly regarded for their protein, oil, and multitude of nutritional uses. Typically soybean is used at the green shell stage as "edamame". However, it has many other uses, including: green and dry cooking, flours, soy milk, tofu, soy sauce, miso, natto, and others.

SCIENTIFIC NAME: Glycine max (L.) Merr.

DAYS TO HARVEST: 45-65 days for fresh harvest and 70-90 days for dry seeds.

PLANT SPACING: 6 plants/foot at 30-in between rows. Smaller row spacing (15-20-in) and 4-5 plants/foot may lead to higher yield.

PLANTING DEPTH: 1-1.5 inches-deep.

OTHER NAMES: soya (Sanskrit), daizu (Japanese), adzuki (Chinese), kong (Korean)

MAJOR DISEASE AND PESTS
Phytophthora, pythium, and fusarium are fungal diseases that can affect soybean production, as well as root knot nematodes, and insects such as aphids and leaf beetles.

HARVEST AND STORAGE
Soybeans can be harvested at three different stages of maturity: green pods, green-mature peas, and dry seeds (see below). Store green-mature soybean pods in a cool, well-ventilated area. Dry soybean seed is cleaned, graded, and packed in small plastic bags.

SELECTION AND PREPARATION
Soybeans are rich in dietary protein and fiber. Prepare green-pods by boiling and shucking beans for eating or using in dishes like stir-fry vegetables, salad, and soup. Dry mature seeds should be soaked overnight then boiled, pressure or slow cooked, or roasted. Cooked soybeans can be made into tofu, soy milk, or fermented into natto and tempeh.

GREEN SOYBEAN (EDAMAME) COOKED

Nutrition Facts	
Serving size 1/2 cup (110g)	
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 10g	20%
Sodium 200mg	40%
Total Fat 10g	20%
Monounsaturated Fat 1g	2%
Unsaturated Fat 1g	2%
Total 10g	20%
Total 10g	20%
Total 10g	20%
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Total 10g	20%

COOPERATIVE EXTENSION
UNIVERSITY OF HAWAII
COLLEGE OF TROPICAL AGRICULTURE AND HUMAN SERVICES

Cooking Demonstration Video

- RECIPE used is of interest to the audience and) Incorporates some commonly found ingredients. Recipe is easily made at home.
- LOCAL COMMODITY is the featured ingredient in the recipe and includes information on nutrition, source, handling, and local/cultural connections
- MEASUREMENTS used are specific for recipe and demonstration follows techniques.
- INFORMATION teaches the audience something about the commodity and audience is entertained.
- SAFETY and sanitation guidelines are followed (at least 5).
- PRODUCT is featured in an appealing way. Presenter tastes dish and describes taste in detail.
- VIDEO allows viewer to hear and see all that is going on, is good quality, and has good eye appeal.
- Food Photography
 - Subject** The subject is clear and rules of composition and light draw emphasis to the subject.
 - Lighting** Light improves and enhances the photo's visibility, clarity, contrast, and value.
 - Content** Photo is simple and uncluttered. Compositional concepts such as Rule of Thirds, Center, Diagonal, Curved, and Leading Lines are successfully used to enhance the subject.

See Website for more information
[2023 Cooking Contest Information](#)