

## The Life of a Soybean

Although the growing season runs spring to autumn, soybean farmers work year-round, planning, planting, harvesting and marketing their beans.

- ◆ Planting can take place as early as March and as late as early July. Farmers plant soybeans using a tractor to pull a planter or drill that places the soybeans into the soil in rows. Fertilizer helps place nutrients in the soil, and soybeans also add an important nutrient, nitrogen, into the soil.
- ◆ After planting, farmers regularly check for pests and diseases that have the potential to reduce yields. The plants produce flowers 6-8 weeks after seeding and germination, and pods soon develop.
- ◆ If Mother Nature cooperates, harvest usually occurs September through November, about 4-6 months after planting. Plants must be dry to harvest, signaled by amber color. Farmers use combines to cut the soybean plant, and separate and clean the beans from the plant residue.



## The History of the Soybean



People have been growing soybeans for 5,000 years. First grown in China, the soybeans were used as ballast to balance the weight of Chinese clipper ship. Then soybeans were unloaded on American shores to make room for cargo on the ship's return trip. A few farmers began planting the legume and by 1829 U.S. farmers were growing soybeans as a crop. A significant breakthrough for the soybean in America occurred in 1896, when noted botanist George Washington Carver researched new crops for the depleted soils of the South. Soybeans are a nitrogen producing legume. Carter developed more than 300 by-products from the soybean, including oils and food substitutes. Today there are thousands of uses.

### Oklahoma Soybean Board

P.O. Box 578 Claremore, Ok 74018

Phone 866.343.2326 Fax 918.343. 2325

[oklasoy@hotmail.com](mailto:oklasoy@hotmail.com)

[www.oksoy.org](http://www.oksoy.org)

# SOYBEANS FROM SEED TO NEED



Did you know that the soybeans growing in fields across the countryside help feed animals, provide food products, fill the insides of automobile seats, and are part of turf sports fields? Soy offers a renewable, environmentally friendly ingredient for a variety of new uses.

U.S. farmers help feed the world. Soybeans provide a safe, affordable and abundant source of protein and oil to help meet growing demand for food, feed and fuel.

After harvest, processors crush soybeans resulting in two products, soybean meal and soybean oil.



## MEAL—

### Food

- ◆ Soy Protein
- ◆ Soymilk
- ◆ Soy Fortified Foods: Soy can add protein to foods like cereal and pasta.
- ◆ Sixty-five percent of the oils and edible fats consumed in the United States are soybean-based, far outpacing the competition.

## FEED

- ◆ Poultry and livestock are the number one customer for U.S. soybean farmers, consuming 98% of all U. S. soybean meal.

## OIL—

- ◆ Lubricants—Soy lubricants help machines work better by making the parts run smoothly together.
- ◆ Building materials—Soy can be made into sturdy materials called composites or a foam material that can be used for insulation.
- ◆ Paints—Soy can replace some harmful and toxic petrochemicals in paints and inks.
- ◆ Plastics—Soy plastics can be used in everything from farming equipment to cars and boats.
- ◆ Soy Cleaners—These industrial cleaners can be easily washed away with water and are better for the environment.
- ◆ Vegetable oil—65 percent of edible vegetable oil used in the United States comes from soybeans.

- ◆ Soy wax—Soy can also be used to make all-natural petrochemical-free candles.
- ◆ Fuel—Soy biodiesel offers a renewable alternative to traditional diesel fuel burning cleaner than petroleum diesel.
- ◆ Soy ink— The printing industry uses more than 100 million pounds of soy oil annually.

Edible Uses	Pie Crust	Bio-Products
Bread	Coffee Creamers	Biodiesel
Cooking Oils	Shortenings	Cosmetics
Crackers	Pancake Flour	Paints
Mayonnaise	Frozen Desserts	Ink
Margarine	Gravy	Rubber
Salad Dressing	Chili	Soap Shampoo
Hot cereals	Yogurt	Detergents
Peanut Butter	Breakfast Bars	Vinyl Plastics
Soups	Whipped Cream	Pesticides
Sour Cream	Candy/chocolate	Lubricants
Waffles	Coating	Electrical Insulation
Pasta	Doughnuts	Caulking
	Pharmaceuticals	

## It's a FACT—

The FDA confirms that eating food containing soy protein reduces cholesterol thereby lowering your risk of heart disease.

Soybeans are completely cholesterol free and naturally low in saturated fat.

Soy foods are high in protein and rich in fiber, calcium, and B vitamins.

**WARNING: The FDA has determined that the consumption of soy can be beneficial to your health.**