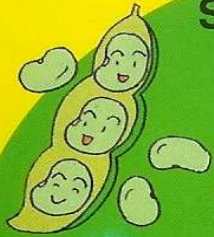


Grace of Sun

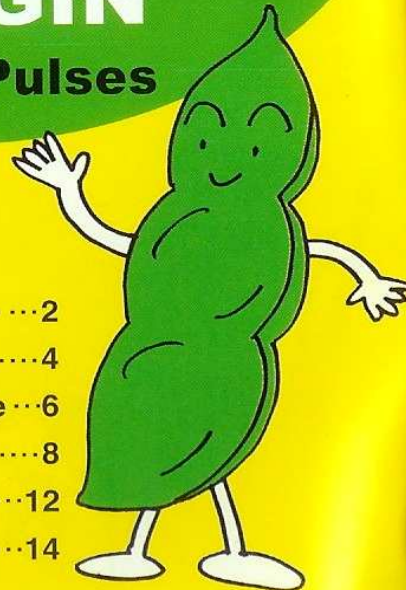
Sweet, Fragrant, Tasty,
Big Size



**IQF
EDAMAME
(VEGETABLE SOYBEAN)
OF TAIWAN
ORIGIN**
Story of Pulses

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FROZEN AGRICULTURAL
PRODUCTS

**CERTIFICATION MARK OF
IQF EDAMAME OF TAIWAN ORIGIN**



The above is the pattern of our certification mark. It is used on the package of IQF EDAMAME for marketing to certify that the vegetable soybeans to be processed are of Taiwan origin, and their quality as well as sanitation meet the "Standard for Use of this certification mark of IQF EDAMAME OF TAIWAN ORIGIN" of this Association.

台灣區冷凍蔬果工業同業公會

台灣高雄市中正四路103號11樓1室

TAIWAN REGIONAL ASSOCIATION OF
FROZEN VEGETABLE & FRUIT MANUFACTURERS
OFFICE: RM1, FL 11, # 103, CHUNG CHENG 4TH RD, KAOHSIUNG, TAIWAN,
TEL: 886-7-201-5694 886-7-281-3544 FAX: 886-7-281-5441 886-7-211-7256

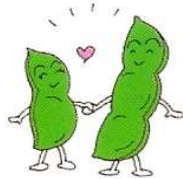


I love Edamame.

Edamame inspired famous poems

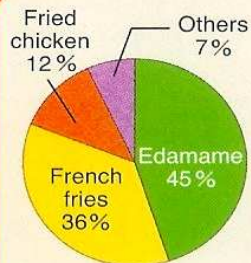
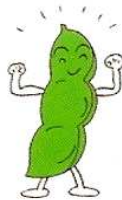
Masaoka Shiki, the pioneer of modern haiku poems used to make a famous haiku poem "edamame, take off 3-inch pod and fly to the mouth".

If famous works are born with wine, edamame, the representative of side dishes, will surely be the most suitable subject. Shiki still has other haiku poems about edamame, such as "edamame are more early maturing than the moon", "in the moonlit night I threw pods of edamame", and "edamame and the moon over the sponge cucumber stand".



Edamame appeared on "Our Song" of NHK

In 1968, "The Forth King" was performed on NHK program, "Our Song". The background of this song was poker cartoon of Makoto Wada. In this song, there was one sentence that "the forth king and his queen are eating edamame". The forth king is the heart king without beard.



100-Person Poll

Edamame are the best match for beer!

If you ask somebody what side dish matches beer the most, edamame will be the answer. Beer and edamame are the best friends to each other.

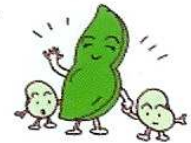
You can eat edamame by any style, such as chatting loudly, or doing something else at the same time. Besides, squeezing edamame out of pods is another pleasure.

**EDAMAME
Fans-
celebrities
fond of
EDAMAME**

It's so happy that we can eat edamame anywhere and anytime!

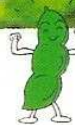
Prevalent in America Meg Ryan loves it

In June 2002, to promote the film "Kate & Lepold", Meg Ryan went to Japan. In the film, her boss treats her to a plate of edamame. About this plot, she said that she herself loves edamame very much because it is very healthful. Many women love edamame, too. Meanwhile, Will Smith, the actor and RAP singer, during his visit to Japan, he not only ate edamame in the tea time, but also ordered edamame for dinner. He is surely a super edamame fan.



At present, not only in New York, edamame represent healthful food everywhere in whole America.





I love Edamame.

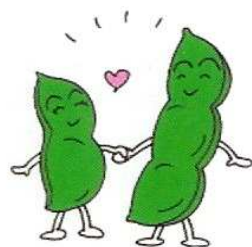
Pelly introduced edamame to America.

In America, soybeans and edamame are regarded as health food. In 1999, US FDA (Food and Drug Administration) announced that taking in 25g soybean protein every day helps prevent heart disease and reduce blood cholesterol levels. Since then, soybeans and edamame are quite popular.

If you go to sushi shops in New York, you will definitely see edamame on the menu. Edamame are often sold out even before dinner time. Originally, these edamame were brought to America from Japan by governor Pelly.



Governor Pelly



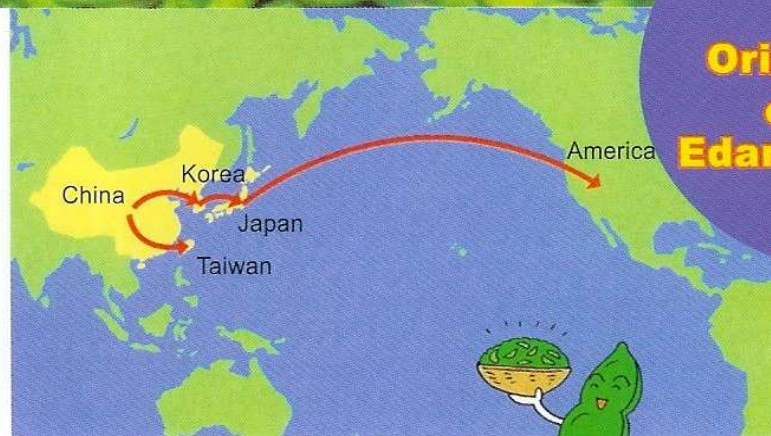
and Niigata. Every area has different breed. Some breeds have interesting names.

Iwate has "fragrant edamame" (because of the fragrance), Niigata has "not to tell" (edamame are very delicious; therefore don't tell others), and Yamagata has "monk" (because of the green color). People love these breeds very much.

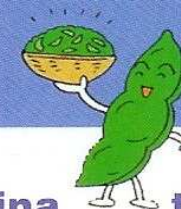
Cultured in "Cloud Open Land"

Comparing to Japanese edamame, Taiwanese edamame are also outstanding in taste and fragrance.

In Taiwan, edamame are mainly cultured in southeast plains. The weather is good there, and therefore southeast plains full of sunshine are called "Cloud Hole Town" which means the sun passes through hole of cloud and shines there. This area is the most suitable place to plant edamame.



Origins of Edamame



Spreading from China to Taiwan and Japan, edamame are now prevalent in America!

It seems that edamame is another breed of pulses. However, edamame are soybeans. Of course, there are some breeds especially for edamame. Still edamame are unripe soybeans, and they are the same with soybeans.

Originally soybeans were cultured in mainland China, and then they spread to Japan through Korean Peninsula. According to records on "Kojiki" and "Nihon Shoki", it is believed that Japanese ate soybeans long time ago.

People possibly started to eat unripe soybeans (edamame) since 17th or 18th century. According to "Japanese and Chinese Culture Drawing" in 1712, "unripe soybeans are eatable".

Unique Breed

The first government statistics of edamame appeared in 1941. After that, edamame were called unripe soybeans.

In Japan, edamame are mainly planted in northeast, east Japan, and



I love Edamame.

Edamame is so good for health!

Bean

■ Isoflavone-preventing menopausal syndrome and osteoporosis

Isoflavone has similar function to estrogenic hormone, and fresh edamame have extremely abundant isoflavanone. Isoflavanone is famous for its benefit to osteoporosis, menopausal symptoms, breast cancer, etc. Its similar function to estrogenic hormone also helps to whiten, improve moisture, enlarge breast size, and improve menstrual disorder, etc.

Isoflavanone also helps to prevent aging. Besides, it is effective to prevent breast cancer, prostate cancer, colorectal cancer, lung cancer, liver cancer, stomach cancer, and haemophilia. Experiments also found out that it lowers the LDL (low density lipoproteins) cholesterol causing arteriosclerosis and increase HDL (high density lipoproteins) cholesterol in the blood.

■ Folic acid

Folic acid is water soluble vitamin and it will carry out hematopoiesis with Vitamin B12. Blood is formed in the bone marrow. Insufficient folic acid will cause bad red blood cells and pernicious anemia therefore. Besides, there are new cells constantly produced in intestine mucous membrane. Insufficient folic acid intake will hinder the new cells from being produced, and then easily lead to ulcer.

■ Dietary Fiber

100g cooked edamame have 4.6g fiber. Besides, edamame have abundant potassium and help to clear unnecessary salt.

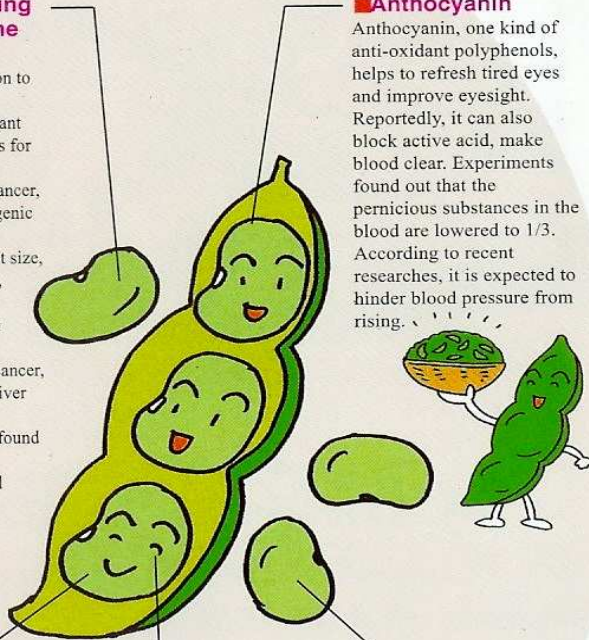
Thin skin

■ Anthocyanin

Anthocyanin, one kind of anti-oxidant polyphenols, helps to refresh tired eyes and improve eyesight. Reportedly, it can also block active acid, make blood clear. Experiments found out that the pernicious substances in the blood are lowered to 1/3. According to recent researches, it is expected to hinder blood pressure from rising.

■ Anti-aging Carotene

Yellow and green vegetables contain rich β -Carotene, one fat soluble vitamin. (β -Carotene will become vitamin A in the human body. Because it has functions of active enzymes, people are paying close attention to its effect on preventing cancer.



Rich Nutrition of Edamame

Anti-cancer, making skin soft and smooth

Preventing osteoporosis and arteriosclerosis Best match for beer, protecting liver

● Reducing your risk of heart disease

In the fall of 1999, US FDA (Food and Drug Administration) approved labeling edamame products as "helping prevent heart disease". Amino acids released from plant protein of edamame can help to reduce blood cholesterol levels.

● Weight loss

Edamame contain anthocyanin which not only prevents liver function derangement, but also blocks compound, absorption of fat, and improves catabolism.

● Preventing menopausal syndrome and aging

Edamame contain isoflavanone, one kind of plant estrogen. Isoflavanone has been proved to effectively reduce menopausal syndromes, such as diaphoresis and giddiness. Isoflavanone can clear active acid, and its effect

on preventing arteriosclerosis and aging is being researched.

● Preventing osteoporosis

Fracture rates among Japanese women is around half that among American women often absorbing animal proteins. In America, researches have discovered that eating pulses, such as edamame, would absorb lots of calcium and improve

● Edamame have richer folic acid and carotene than soybeans

	Edamame	Soybean
Isoflavanone (mg)	21.8	75.2
Carotene (mg)	290	3
Folic acid (mg)	260	39
Vitamin C (mg)	15	—
Protein (g)	11.5	16.0
Dietary Fiber (g)	4.6	7.0

Except for isoflavanone, data of the other nutrition come from Japanese food element standard, Version 5, and the content is measured by 100g eatable green soybeans.



I love Edamame.

Adding Edamame to homely food will create different flavors.



Ma po bean curd with edamame

Approximately 897 kcal (224 kcal per serving)

INGREDIENTS

- Edamame.....300g
- Bean curd.....2 pieces
- Mince pork.....100g
- Green onion.....1/2 cluster
- Sweet soybean paste.....1 table spoon
- Ground bean sauce.....1 table spoon
- Fermented blank bean.....1 table spoon
- (A)
- Chicken soup.....1/2 cup
- Rice wine.....1 table spoon
- Soya sauce.....1 table spoon
- Pepper.....Pinch
- Sweet potato starch.....1 table spoon
- Sesame oil.....Pinch
- Japanese pepper
-As you wish

DIRECTIONS

- ① Heat edamame in hot water. Take off the pods. Mince green onion, garlic, and fermented blank bean. Dry and dice bean curd.
- ② Mix (A). Blend sweet potato starch and water first.
- ③ Heat the pot and pour in oil. After the oil is heated, add mince pork to fry. When the mince pork is fried, add sweet soybean paste, ground bean sauce, and fermented blank bean, and keep on frying.
- ④ Add seasonings of Step 2 and bean curd. When it is boiled, add edamame, mixed sweet potato starch and water. After it is boiled again, add sesame oil. Add Japanese pepper as you wish.



Edamame Recipe

Simple & Delicious

Heating edamame in saltwater is too boring. Edamame can become many different food, such as salad, main dish, and dessert.



Water dropwort and edamame perfectly matches each other. Their colorful look will definitely give you a good appetite.

Chinese salad with

Approximately 698 kcal (175 kcal per serving)

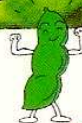
INGREDIENTS

- Edamame.....400g
- Water dropwort.....1 cluster
- Corn.....1 cup
- Red bell pepper.....1 piece
- (A)
- Mashed onion.....1/6 piece
- Lemon Juice.....2 table spoons
- Granulated sugar.....1 tea spoon
- Salt, pepper.....Pinch
- Olive oil.....2 table spoons

DIRECTIONS

- ① Heat edamame in hot water. Take off the pods. Cut red bell pepper and water dropwort in small pieces.
- ② Use (A) to make Chinese salad dressing. Mix edamame other vegetables, and salad dressing.
- ③ Pour the mixed salad on sliced lettuce.





I love Edamame.

Children will love this delicious snack.



Edamame mousse

Approximately 740 kcal
(185 kcal per serving)

INGREDIENTS

Edamame.....300g
 Milk.....200cc
 Water.....100cc
 Cream.....50cc
 Granulated sugar.....3 table spoons
 Agar.....2g

DIRECTIONS

- ① Heat Edamame in hot water. Take off the pods. First of all, leave some Edamame for adorning. Mince the remaining Edamame. Add cream and mix. When cream full of air, pour in milk and mix again. Filter them through sieve.
- ② Pour water, agar, granulated sugar in the pot for heating and stirring. After boiling, keep on heating for 2 minutes.
- ③ After cooling them down, pour in the ingredients of Step 1. Then pour them in cups and put the cups into ice box.
- ④ At last, add the adorning edamame.



Edamame surprisingly match mayonnaise and can be a dish goes with wine.

Green soybeans blended with scallops

Approximately 740 kcal
(185 kcal per serving)

INGREDIENTS

Edamame.....400g
 Shrimps.....100g
 Scallops.....2 cans
 (A)
 White sesame mash.....2 table spoons
 Soya sauce.....1 table spoon
 Mirin.....1/2 table spoon
 Mayonnaise.....2 table spoons
 Soup stock.....1 table spoon
 Scallop sauce.....2 table spoons

DIRECTIONS

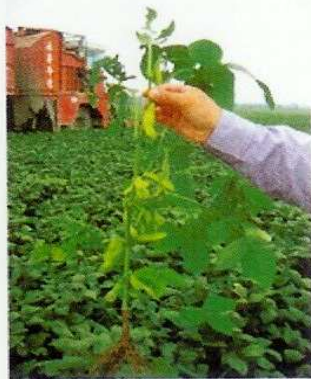
- ① Heat edamame in hot water. Take off the pods.
- ② Separate scallops from scallop sauce. Heat shrimps in hot water, and then cut shrimps.
- ③ Mix (A) well.
- ④ Pour edamame, scallops, shrimps and (A) in the bowl, and mix them well.



I love Edamame.



Fast harvests green soybeans by Harvester, keeps the freshness by sifting the weed and freezing.

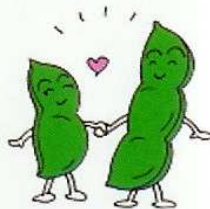


Professional staff checks the growing condition to ensure smooth large-scale culture.

The complete mechanization from farming, seeding, fertilization, watering, blight prevention to harvest helps to carry out safety standard.

Meanwhile, the insecticides conforming to Japanese insecticides standard are applied by professionals. Also, every factory has introduced traceability system to strengthen the determination of insecticide residue in materials and semi-finished goods.

The quality of edamame depends on freshness, taste, and color. Large area farming, centralized management, and mechanization improve harvest, and further help to keep the best freshness, taste and color.



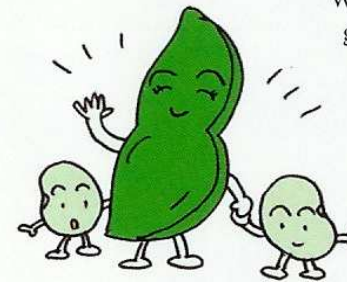
Strictly determines insecticide residue both in materials and semi-finished goods.

Answer to High Quality

Looking for tasty edamame

Cultured on the land full of sunshine, harvested under complete safety management

The sun passing through hole of cloud and shining is called "angel stage." However, in southeast Taiwan, the place of production for edamame, the land is always full of sunshine.



With the brilliant sunshine, edamame grow up very fast. As a result, the sweetness reaches 11 brix. Comparing to the edamame cultured in Japan and other countries, Taiwanese edamame are sweeter, bigger, and have rich fragrance.

Best freshness, taste, and color

In the past, the edamame in Taiwan were cultured by farmers for contract suppliers. However, to achieve safer and tastier production, edamame have been cultured on large self-owned cane farms.

Importation of Edamame to Japan (Unit: kg)

	Taiwan	China	Thailand	Others	Total
2000	24,165,589	39,792,913	8,689,638	2,337,226	74,985,366
2001	22,696,593	44,957,993	7,767,463	1,777,832	77,199,881
2002	23,587,614	34,617,325	8,836,815	2,468,534	69,510,288
2003	26,014,753	20,634,865	11,285,216	2,776,190	60,711,024





I love Edamame.



Chaotien Temple at Peikang



Wen Wu Temple at Sun Moon Lake



By A-li Mountain forest train, you will see a lot of tropical and extratropical plants.



Lotus Pond in Kaohsiung has Dragon and Tiger Pagodas (lower photo) and Statue of the God Emperor Guansheng.



Chihkan Tower (upper photo) and Anping Castle in Tainan



Taipei 101



National Palace Museum



National Concert Hall (upper photo) and the most ancient Chinese temple in Taipei City (Longshan Temple)



Gorge of Taroko National Park



Kenting, the most beautiful seashore and resort in Taiwan

Taiwan Guide

Discovering charms besides edamame

Tourists are captured by Formosa, and touched by nature, friendliness, and cuisine in Taiwan.

In 1517, when Hollanders first came to Taiwan, they were surprised for its beauty and called it "Formosa" (beautiful island). Since then, Formosa represents Taiwan for foreigners.



Besides, it is said that Taiwanese are the most friendly people in the world, and they always offer enthusiastic reception to tourists.

Every tourist will definitely be captured by abundant nature and friendliness in Taiwan.

Another charm of Taiwan is delicious food. Besides edamame, other vegetables, fruits, fishes, and shellfish also attract tourists. You can enjoy Taiwanese cuisine here, and you can also eat the cuisines of Szechuan, Canton, Peking, Shanghai, and Hunan. Eating delicious food is a great pleasure in Taiwan.

Let's take a look at this charming island.