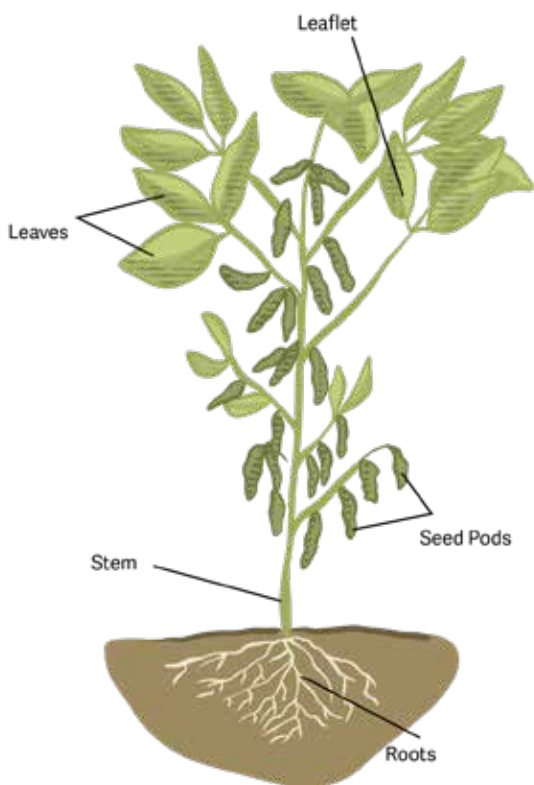


# Soybeans

## WHAT ARE SOYBEANS?

The soybean plant is an annual species of **legume** belonging to the bean family. Soybeans are Manitoba's **third most-grown crop** – just behind wheat and canola. Our farmers are known for producing high-quality soy products.



Manitoba produces nearly 20 per cent of Canada's soybeans, making us the second-highest soybean producer in the country.

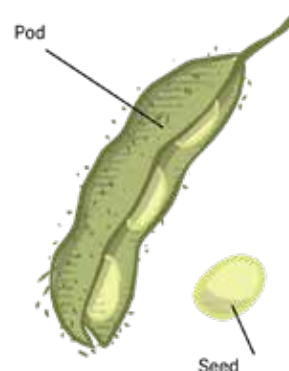


## A VERY BRIEF HISTORY OF THE SOYBEAN

Soybeans are an **ancient crop**. They were probably domesticated in China as early as 7000 BC. They arrived here in Manitoba from the United States in the early 1900s and were grown in the Red River Valley region for both human and animal food.

## FROM PLANT TO POD

The soybean plant can grow to more than a meter in height, and has flowers that are pink or light purple. Each flower develops **pods** which contain the seeds. There can be as many as 20 pods on the plant, and four to five seeds within each pod!



## WHAT IS SOY USED FOR?

Soy is an important component in countless foods, and a staple in many diets around the world. Different varieties of soy are used to produce different products, including **tofu**, **soy sauce**, **miso**, and **soy milk**. It's also used in many non-food products, such as the **printer ink** used in newspapers!



## FUEL FOR THE FUTURE!

Soy is also a major feedstock for producing **biodiesel**, a biodegradable, renewable fuel alternative. Using biodiesel can help improve urban air quality by significantly reducing emissions.



## NUTRITION

Soybeans are **high in protein** and are great for your heart! They're great for hogs and poultry, too, because their stomachs can easily digest the protein.

