

IMPACT



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Edible Soybeans Thrive in Native American Garden

The Situation

Residents on the Nez Perce Reservation and surrounding areas are interested in consuming foods of high nutritional and health value. As a result, the USDA/Nez Perce Tribe Food and Nutrition Services invited us to evaluate edible soybeans in a community garden setting in Lapwai.

Vegetable soybeans are a valued source of human nutrition, dietary fiber, and health-promoting phytochemicals. It is anticipated this demonstration and applied research work will promote and increase consumption of edible soybeans among citizens of north central Idaho.

Our Response

We worked cooperatively with the USDA/Nez Perce Tribe Food and Nutrition Services to establish a community garden in Lapwai, Idaho. The garden included a planting and evaluation of seven edible soybean varieties.

Our goals

- To establish a community garden on the Nez Perce Reservation.
- To plant and evaluate edible soybean production.
- To hold educational garden tours.
- To provide fresh vegetables to the USDA/Nez Perce Tribe Food and Nutrition Services.

Program Outcomes

- A community teaching garden was established on the Nez Perce Reservation.

- A new crop, edible soybeans, was introduced and evaluated for garden production in north central Idaho.
- Our research indicates that edible soybeans produce well and are adapted to garden production in north central Idaho.
- The soybean variety Envy had the highest seed yield of seven varieties that were evaluated.
- Educational garden tours were held.
- Fresh garden produce was provided to the USDA/Nez Perce Tribe Food and Nutrition Services (serving 280 families monthly).

The future

Edible soybeans will be promoted as an alternative crop for north central Idaho gardeners.

Cooperators

USDA/Nez Perce Tribe Food and Nutrition Services
UI/Nez Perce County Master Gardeners
UI/Nez Perce County Extension Horticulture Associate

For More Information

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