

Soybeans

Glycine max · Legume family

DIFFICULTY Easy
TYPE Annual, direct sown, warm season
MATURITY 80–120 days



SUN
Full sun



WATER
Regular



SOIL PH
6.0–7.0



SPACING
8–10cm × 45cm



DEPTH
3–4cm

01 Nitrogen fixers

A vigorous, bushy summer legume that fixes a good amount of nitrogen and can be picked young as edamame or left to dry for storage beans.



nitrogen-fixing nodules along the roots

may need a stake or trellis

02 Planting

METHOD	Direct sow once soil has warmed.
SOIL	Well-drained, moderately fertile.
TIMING	Sow in late spring once frost risk has passed.

03 Growing care

- Water regularly, especially through pod fill.
- Weed while young.
- Pick young pods for edamame, or leave to dry for storage beans.
- Leave roots in place after harvest for the nitrogen benefit.

04 Problems

- **Bean fly** — can affect young seedlings; grow strongly to outpace damage.
- **Powdery mildew** — humid conditions; improve airflow.
- **Pod borer** — monitor developing pods.
- **Bird and rodent damage to seed** — protect at sowing.

05 Harvest & storage

SIGNS	For edamame: pods plump but still green. For dry beans: pods brown and rattle.
METHOD	Pick pods by hand, or pull whole plants for dry beans.
CURING	Dry thoroughly if storing as dry beans.
STORAGE	Fresh edamame: fridge a few days. Dry beans: airtight, over a year.

06 Companions & rotation

PLANT NEARBY	AVOID NEARBY	ROTATION NOTE
Corn Cucumber	Onion Garlic	Excellent precursor to heavy feeders like corn or brassicas.