

# Soybean: Fiskeby

*Glycine max*

## Quick Facts

- Use fresh or dried.
- Highly nutritious—up to 40% protein, high in calcium, iron, and vitamins (particularly A, B1, B12, and C).
- Heirloom variety ideal for short northern growing seasons.
- Soybeans can be used as edamame, fresh shell beans, or dry beans.
- Soybeans are the lowest-starch, highest-protein beans.
- Soybeans are rarely bothered by pests or disease.

## Tips

Sow seeds outdoors after danger of frost has passed and soil and air temperatures have warmed. Soybeans grow best where daytime temperatures average in the 70s (F). Avoid overhead watering since this can cause flowers and pods to fall off.

## Instructions

Do not soak seeds in water before sowing; too much moisture can cause soybean seeds to crack, resulting in poor germination.

- Full Sun
- Seed planting depth: 1"
- Seed spacing: 2"
- Row spacing: 24-36"
- Plant height: Bush
- Matures in 75-80 days

