SOY
The Miracle Bean

What's a Soybean...

The soybean is a seed crop that is high in protein and oil and a member of the pea family (also called legumes). Soybeans and other legumes have special bacteria in their roots, called Rhizobia, which supply the plant with the nitrogen it needs to grow. Many Kentucky farmers grow soybeans in their crop rotations for this benefit.

and where does it come from?

The soybean originally came from China, where it has been grown for food for thousands of years. Soybeans made their way to America in the mid-1800s, and is now one of the top crops grown in the United States.

FROM SEED TO SOY

Some Kentucky farmers plant their soybeans in and around May and will start to harvest in September. If they have a crop of winter wheat, however, farmers will harvest their wheat in June and immediately plant soybeans in the same fields. Harvest is delayed until October or November, but this allows farmers to grow two crops in one year on the same land. The practice is called double-cropping.

The soybean's high protein content makes it a healthy choice for both humans and animals. It is the only bean with complete protein.

The Soybean is 40% Protein & 20% Oil

Vegetable oil is the most common way soybeans are consumed by humans in the U.S., but whole soybeans can also be processed into soy milk, soy sauce, soy flour, tofu, tempeh, and miso.

Soybean oil is one of the leading vegetable oils used worldwide and can be found in many American food products:

- Coffee Creamers
- Bakery Products
- Cooking Oils & Sprays
- Candies
- Margarine
- Chocolate Coatings
- Mayonnaise
- Sandwich Spreads
- Salad Dressings
- Vegetable Shortening

Soybean oil is also used to make soy lecithin, which makes chocolate and other foods smooth and creamy.

Once soybeans are harvested, they may be sold to a soybean processing plant or a grain elevator that will transport the soybeans to where they are needed. Many of Kentucky's soybeans are exported and shipped around the world to feed people and livestock. China is the top importer of U.S. soybeans.
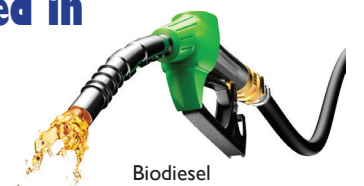
Once the oil is extracted, soybeans are processed into soybean meal.

97% of all soybean meal in the US is fed to livestock. Poultry consume the most soybean meal in Kentucky, but it is also fed to pigs, beef cattle, dairy cattle, horses, fish, and pets, among other animals.

Soybeans are RENEWABLE and used in many industrial products.

Protective coating on CDs and DVDs

Biodiesel

The ink base for more than 80,000 newspapers in the country

Particle board and building materials

Lotions, soaps & cosmetics

KADF
KENTUCKY AGRICULTURAL DEVELOPMENT FUND
agpolicy.ky.gov

Kentucky Soybean Board
www.kysoy.org

Teach KY Ag
Kentucky Agriculture & Environment in the Classroom, Inc.
www.teachkyag.org