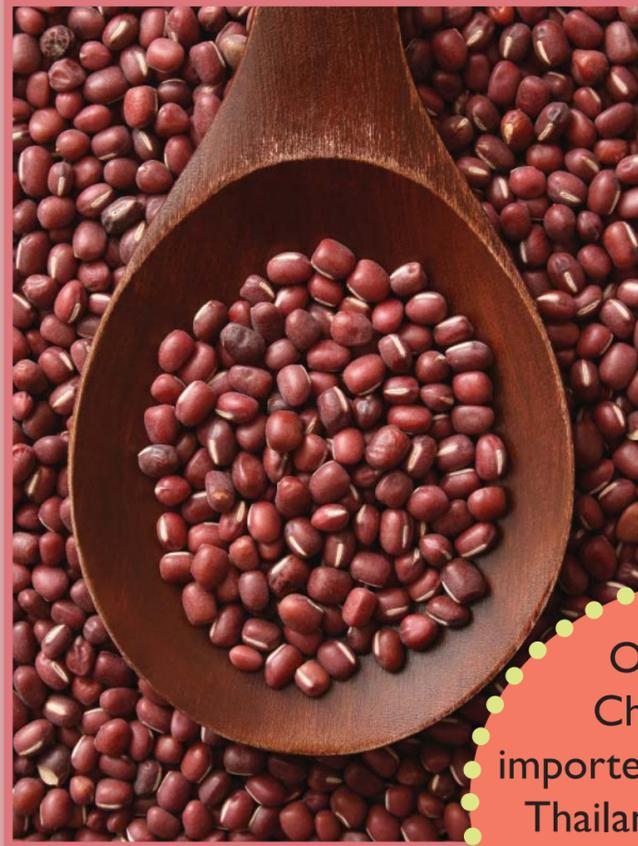


Try Me!

Adzuki Beans



Adzuki Beans have a nutty, sweet flavor and are popular in Japanese cooking.

Strong Roots in Asian Health and Tradition

It is believed that adzuki beans can strengthen the heart and aid blood circulation, fatigue, as well as easing the bladder.

They also help keep the digestive system healthy. The adzuki bean is packed with iron and that makes it a perfect source for women's general health.

It is also believed that it helps replenish new blood cells, that is partly why it gives our cheeks a rosy healthy glow.

In Japan, when a girl reaches her puberty, adzuki beans are cooked with rice as a traditional sign of blessing for the girl. This also partly owes to its benefit of its nourishing nature.

The bean is also good for lactating as it increases the amount of milk produced.

Due to its effect on the bladder, those who have a weak bladder should control the amount of consumption.

In Japan, these beans are known for their healing properties and are used to support kidney function.

Nutrition:
High in potassium
Low in sodium
Good source of magnesium, iron and B vitamins.
Rich in fiber.

Originated in China, they are imported from China and Thailand after they are harvested in November and December.

Cooking

In Asia, adzuki beans are usually cooked to a red soft consistency and served with ingredients such as coconut milk.

Sometimes cooked with rice, which tints the rice to a bright pink color.

In the East, adzuki beans are often sweetened with sugar and made into cakes and sweet meats.

In East Asian cuisine the adzuki bean is commonly eaten sweetened. It is often boiled with sugar, resulting in a red bean paste. This paste is used in many Chinese foods and is also used as a filling for Japanese sweets.

They are commonly eaten sprouted or boiled in a hot, tea-like drink.

In Japan, rice with adzuki beans is traditionally cooked for certain special occasions.

HISTORY:

The Adzuki Bean (*Vigna angularis*) has been grown in the Far East for centuries. Like the soybean, it most probably originated in China, and was introduced to Japan around 1000 AD. Today in Japan, adzuki beans are one of the largest crops, with annual consumption of over 120,000 Metric Tons.

USES:

The adzuki bean, like other edible beans, is used directly as a food. In the Far East, where it is often known as the "Mercedes" of beans, it is principally used, after fermentation, as a confectionery product. In North America and Europe it is valued for its relatively low cooking time (approx. 1 hour) as well as low fat and high protein and natural sugar nutritional profile.