

[Fava beans]

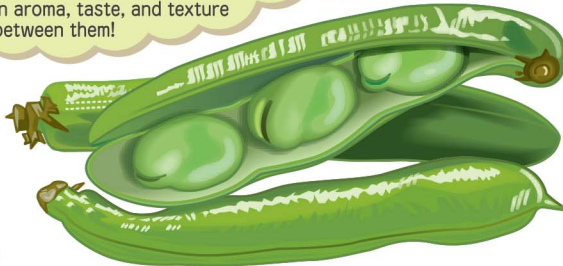
Enjoy their fluffy texture and aroma!

Now in season

Mar. Apr. May Jun. Jul. Aug. Sept. Oct. Nov. Dec. Jan. Feb.



The literal translation of fava beans in Japanese means “sky beans,” which refers to how their pods grow toward the sky. Since they are in season from spring to early summer, both early harvested and fully ripe beans are available! They have a fluffier texture when fully ripe. Enjoy the difference in aroma, taste, and texture between them!



Nutritional Content

- They have protein, folic acid, copper, vitamin K, zinc, phosphorus, dietary fiber, vitamin B1, iron, etc.

Vitamin B1 stimulates energy metabolism and relieves fatigue. It can be efficiently absorbed when eaten with vegetables such as garlic, onions, and garlic chives, which all contain a lot of allicin.

Main reference websites: “Calories in fava beans,” Calories in Japanese foods / “Tips for cultivating and growing fava beans,” Yamamu Farm
Reference: “Definitive Guide to Ingredients for the Body,” NHK Publishing, Nov. 2018

How to Choose

- Choose pods that are shiny, and clearly show the shape of the plump beans from the outside.
- The crack on the side of the beans is called “ohaguro” (black teeth) in Japanese. They are yellowish green on early harvested beans, and black on fully ripe beans.

Early harvested
(yellowish green)



Fully ripe
(black)



Recommended Dishes

Fava bean and
spring onion salad



Roasted fava beans

Add salt (about 2% of the volume of water) when boiling! Making a small cut into the thin skin and then boiling it makes it easier to eat. Roasting them on a grill in their pods increases their sweetness, and is simple and delicious!

[Note] The prime season was roughly determined using statistical data from the Tokyo Metropolitan Central Wholesale Market as a guide.



Sony Health Insurance Society Information

See Sony Kenpo's Health Service website
(English version)!

The website is available in English. Please be sure to read it.



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