



MICHIGAN SOYBEAN
PROMOTION COMMITTEE

a new release



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Soybeans...The Miracle Crop of Many Uses

It's been said time and time again that soybeans are the miracle crop of many uses. Typically, soybeans are a "hidden" ingredient in food and other products, but as soybeans come to the forefront, so does a better understanding of just how popular these soybeans have been all along.

Soybeans were first grown by U.S. farmers in 1829 for the production of soy sauce. Yes, soy sauce is an end product of the soybean! Did you know that? Later, soybeans were used by soldiers during the Civil War to brew "coffee" when coffee beans were scarce.

During the late 1800's farmers began to grow soybeans for cattle. In 1904 George Washington Carver began studying the soybean and discovered its valuable protein and oil. This helped make the soybean the versatile crop it is today.

During the early 1900's, Henry Ford, a soybean visionary and innovator, saw the necessity to develop industrial uses for renewable agricultural products. Ford's concern prompted research of numerous commodities to fulfill his vision. He found soybeans to have the greatest potential. Quite possibly the most widely known of Henry Ford's work with soybeans was when he made an auto trunk lid from soybean-based plastics and took an ax to it to demonstrate its resilience.

Soybeans have amazing versatility because of their two components: oil and protein. The oil can be used for cooking and replacing petroleum-based products on the market. The protein can be used for animal feed, tofu, and soy flour. The bottom line...soybeans touch our lives every day whether at the grocery store or the hardware store.

Soybeans are used in:

EQUIPMENT: Petroleum products have dominated the industry for many years. The downside is the cost to the environment when disposing of products or when spills occur. Not to mention the depleting of a non-renewable resource. Soybean oil is one solution to enhance these already useful products – bar chain oil, cleaners, asphalt and concrete form release agents, degreasers, diesel fuel (soy biodiesel), hydraulic oil, lubricants, paint remover, and two-cycle engine oil.

Biodiesel has drawn a lot of attention the past few years and deserves a bit of an explanation. This fuel is a renewable, clean-burning diesel replacement to reduce U.S. dependence on foreign petroleum, creating green jobs, and improving our environment. Biodiesel is the first and currently the only commercially available fuel qualifying it as an advanced biofuel. Its production, distribution, and use will support more than 31,000 U.S. jobs in 2011 and replace nearly 1 billion gallons of imported petroleum diesel. Biodiesel is used in existing diesel engines and meets strict specifications of ASTM D6751.

BUILDING MATERIALS: These products are environmentally friendly and safer to work with than their petroleum counterparts – spray foam insulation, soy-adhesives for joint compounds, carpet adhesives, and more!

PRINTING INDUSTRY: Soy ink has been on the market since 1989 and is used by one-third of America's nearly 10,000 newspapers. Most newspapers choose soy ink for color printing because the price of color soy ink for newsprint is competitive to petroleum-based color ink. Newspapers favor it because of its superior performance, environmental friendliness, and vibrant colors.

HOUSEHOLD USES: Products from processed soybeans are used in a variety of cleaning, human/animal care, nutritional, and other domestically used products. Soy products are cleaner to work with and less toxic than their petro-based counterparts. Items that are in this category include: bar soap, candles, cosmetics, hair care products, hand/body lotions, hand sanitizer, pumice, and shower gel.

OTHER ITEMS from processed soybeans include – perhaps the biggest use – animal feed! Also antibiotics, clothing, crayons, fifth wheel grease, fish food, graffiti removers, insecticides, mattresses, paint, pet food, plastics, silk, vehicle seating, and many more come to mind!!

Ford also knew the value of soybean consumption to humans and wanted to go beyond industrial uses. He asked for recipes to be developed utilizing soybeans.

While rich in history and promising for the future, soybeans and their processed products are prominent in our everyday lives. Consumers have access to a myriad of soy-based products including tofu, soymilk, edamame (green soybeans), soy (vegetable) oil, soy cheese, soy sausages, soy burgers, miso, baby foods, candy, yogurt, flour, grits, ice cream, and soynut butter to name a few. You can't walk down an aisle in a grocery store without finding soy. Isn't it time for you to discover the great taste and health benefits of soyfoods? There are many options that allow you and your family to enjoy natural, delicious soyfoods at any meal or snack.

Soybeans can play a part in a healthy, well-balanced diet, as they nourish the body with high quality protein which is low in saturated fat and cholesterol-free. Put a little SOY in your life! Here are a few ideas how:

BREAKFAST – Try soy yogurt or soy-based patties or links to start your day. Add soymilk to your coffee.

LUNCH – Try a soynut butter and jelly or banana sandwich on wholegrain bread or add some canned or frozen soybeans on a salad.

DINNER – Soyfoods are quick, easy to use, and healthy for any family meal.

Visit www.michigansoybean.org for recipes containing soy products and register to receive a soy recipe cookbook (while supplies last) and a chance to win \$100 of soy-based products! While online, drop by www.farmersfeedus.org/mi to meet some Michigan farm families and register for a chance to win \$5,000 in FREE groceries for a year!

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