



# Soybean



Soybean oil is a popular cooking oil extracted from soybeans. It's one of the most widely consumed cooking oils in the world. Soybean oil also has diverse applications beyond cooking, including industrial products and biodiesel production.

Soybeans are grown in well-drained, fertile soil with a neutral pH. Soybean seeds are planted in spring once the risk of frost has passed. The plants produce small, white flowers that self-pollinate, leading to the formation of pods containing seeds.

Soybeans are typically ready to harvest in the fall when the leaves have dropped and the moisture content of the beans is suitable for storage. Mature soybean plants are mechanically harvested using combines.

After harvest, soybeans are cleaned, dried, and dehulled to remove the outer covering. To extract the oil, the soybeans are mechanically pressed or treated with a solvent.

Soybean oil is used as a cooking oil, in salad dressings, marinades, mayonnaise, dips, margarine, and sauces, to make cakes, cookies, and other baked goods, and in animal feed and the production of biodiesel, industrial lubricants, paints, and plastics.

Soybean oil contains polyunsaturated fats, like omega-3 and omega-6 fatty acids, which are associated with heart health. It is a good source of vitamin E, an antioxidant that helps protect cells from damage, and vitamin K, which aids in bone health.



<https://youtu.be/vZfePWrcm7Y?si=staDR9Ou3OcKTn4Y>