

Fascinating Soybean

Glycine max

Origin

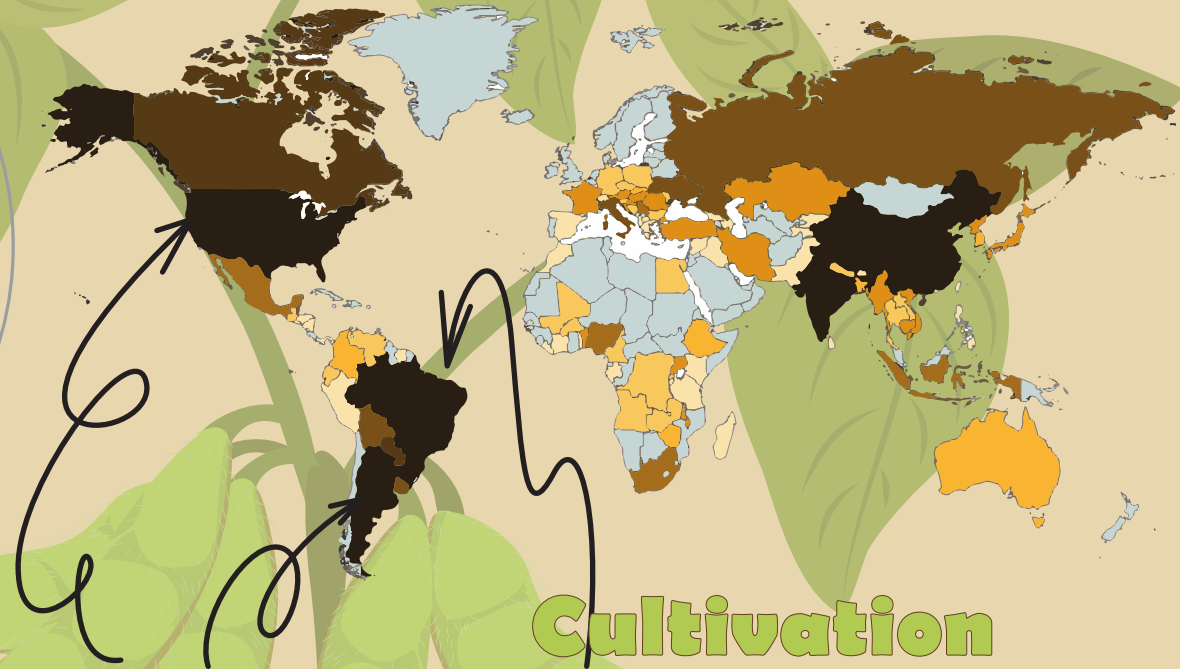
A legume native to East Asia. First evidence for domestication between 7000 and 6600 BC in China.



Consumption

Soya contains 38% protein:
twice as much as pork,
3x more than eggs,
12x more than milk.

Soya is used for soy sauce, soy milk, tofu, soy meal and animal feeds, as well as hundreds of industrial uses from biodiesel to cosmetics.



Cultivation

The main countries growing soybeans are Brazil (34% of world total in 2020), the United States (32%) and Argentina (14%).

