

ACROSS THE STRAITS

 CORIANDER LEAF GROUP
#ADDICTIVELYASIAN



SOYBEAN

#loveasianspice



FACTS SHEET

Origin: China

Family: Fabaceae

Medical properties:

Antioxidants, phytonutrients,
phytosterols

Active ingredient: isoflavones)

Scent: green, grassy, beany

Taste: like a normal white bean

USES

- Skin moisturiser
- Use soymilk to lighten skin
- Combine with rosemary leaves for hair loss treatment
- Prevents bone mass loss
- Reduces risk of migraines and headaches



**sources: beautifulhameshablog.com; momspresso.com; bebeautiful.in*

FUN FACTS:

- Soybean oil provides an environmentally friendly fuel for diesel engines.
- Soybean is used in plastics, wood adhesives and textiles.
- Edamame is an immature green soybean.
- Soybean can be green (edamame), yellow, brown, black, and bi-coloured.
- The Chinese have used moldy soybean curds to treat skin infections for over 3,000 years.

**sources: farmflavor.com; britannica.com; foodreference.com*

