

## **Local Farmers Donate Food for National Soyfoods Month**

*Soyfoods donated to Alden Area Food Shelf and the Ecumenical Food Pantry*

**Albert Lea, Minn.** – April 17, 2013 – Food shelves in Albert Lea and Alden will be stocked with extra food this month, thanks to a generous donation from local farmers. The Freeborn County Corn and Soybean Growers donated \$200 each to the Alden Area Food Shelf and the Ecumenical Food Pantry in Albert Lea in celebration of National Soyfoods Month.

When the Freeborn County Corn and Soybean Growers were deciding how to celebrate National Soyfoods Month this April, they decided that a food donation would be a great way to give back to their community, and was appropriate coming from an organization that grows food themselves.

“As farmers, we feel it’s important to connect with our community in a personal way. We are the farmers that grow the product and we are proud of it,” said Cole Pestorius, Chair of the Freeborn County Corn and Soybean Growers and farmer from Alden. “Many people don’t realize how many food products they eat that contain soy.”

Soy is a versatile product. It is probably best known for its use in vegetarian foods, where it is utilized because of its high protein value. However, it is easily found in many foods we consume everyday. Soy flour, soy protein, and soy lecithin are commonly found in many foods, like peanut butter, chocolate syrup, crackers, salad dressings, and soup.

According to the Journal of Nutrition, soy is also proven to be an easy and effective way to help lower cholesterol, protect against some forms of cancer, reduce bone loss, and minimize the effects of menopause. It contains fiber, isoflavones, B-vitamins, and omega-3 fatty acids.

In addition to food products, soybeans are processed into meal and fed to livestock as part of a protein-packed diet. In 2011, nearly 30 million tons of soybean meal was fed to livestock in the United States with more than 1 million tons used for feed in Minnesota alone.

To learn more about the health benefits of soy, and ideas on how you can celebrate National Soyfoods Month with some tasty recipes, visit <http://www.soyfoodsmoonth.org/>

The Freeborn County Corn and Soybean Growers Association is affiliated with the The Minnesota Soybean Research & Promotion Council, which oversees the investment of soybean checkoff dollars on behalf of approximately 25,000 farmers in Minnesota. The council is governed by the rules of a federally mandated checkoff program that requires all soybean producers pay a fee on the soybeans they sell. This money is used to promote, educate and develop market opportunities for

soybeans.

To watch the new water quality video and to sign up for the fishing sweepstakes visit [www.TheREALStoryMN.com](http://www.TheREALStoryMN.com).

Take virtual farm tours across Minnesota to learn more about farming at <http://youtube.com/user/minnesotasoybean> or read R.E.A.L. farm stories straight from Minnesota Farmers by visiting <http://TheREALStoryMN.com>.

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*For questions, more information, or to interview a Freeborn County farmer please contact Nora Nolden at [nnolden@wideopenthinking.com](mailto:nnolden@wideopenthinking.com) or 952.807.7167.*