

Honey Bee News Letter

～ Honey Pickles

Vermont Tonic Vinegar Soybeans Version ～

Thank you so much for your continuous support for Sugi Bee Garden.

This News Letter will be regularly sent out with product information and customer feedbacks of Sugi Bee Garden. We hope you find it useful.



 株式会社 杉養蜂園
SUGI BEE GARDEN

Characteristics of Vermont Tonic Vinegar Soybeans



Commercialized with Honeygar as a Hint

It is said that there are many healthy and long-lived people in Vermont, USA. In Vermont, it is customary to drink a combination of apple cider vinegar and honey and use it for cooking. Inspired by the “Vermont Health Way” that uses cider vinegar and honey among Vermont people, this is an original product in which soybeans, called “meat of the fields,” are pickled in our precious honey and cider vinegar.



Soybean Power

Soybeans contain a good balance of various nutrients and healthy ingredients, including high-quality proteins containing essential amino acids.



How to Use

Take 20 to 30 beans daily.
It is also recommended to top on salads.

Excellent recipe using Vermont Tonic Vinegar Soybeans ♪

~ Vermont Tonic Vinegar Soybeans and Sea Bream Carpaccio ~

● Ingredients (For 2 servings)

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|---|----------------|
| • Sea Bream Sashimi | 6-8 pieces |
| • Daikon Radish | about 4cm |
| • Mesclun greens | a little |
| • Shiso leaves and Beni-tade* | a little each |
| • Olive Oil | 1 tbsp |
| • Salt | to taste |
| • Vermont Tonic Vinegar Soybeans | about 10 beans |
| • Pickled Vinegar of Vermont Tonic Vinegar Soybeans | 1 tbsp |

● Instructions

1. Spread shredded Daikon and mesclun greens on a dish and place the sashimi of sea bream on it.
2. Place chopped shiso leaves, and Beni-tade, if any, and sprinkle with Vermont Tonic Vinegar Soybeans.
3. Pour on Pickled Vinegar and olive oil and sprinkle with salt. Top a little soy sauce if you like.

* Japanese Red Water Pepper with short stems and small purple leaves



Delicious! Healthy!