

Celebrate Arkansas Soybean Month with a Healthy Thanksgiving Twist



The Arkansas Soybean Promotion Board encourages families to incorporate soy into their Thanksgiving menus.

LITTLE ROCK, Ark. (November 2, 2023) – As Thanksgiving approaches, households across the state are busy preparing traditional, but not always healthy, holiday dishes. However, this year, health-conscious consumers can discover nutritious soy-based recipes offered by the [Arkansas Soybean Promotion Board](#) (ASPB).

Soy, often referred to as ‘The Miracle Bean,’ is known to possess numerous [health benefits](#), including essential amino acids, reducing the risk of heart disease, cholesterol level management, and being the only source of complete vegetable protein. Gov. Sarah Huckabee Sanders proclaimed November as [Arkansas Soybean Month](#) in recognition of soy’s impact on the state’s economy as the top row crop and its role in consumer health.

“Soybeans are among Arkansas’ most valuable crops and are important to our economy and people,” said Gov. Sanders. “As we honor Arkansas Soybean Month, I encourage every Arkansan to enjoy this product and appreciate soybean agriculture.”

Incorporating soy into meals is simple by using soy-based alternatives for various ingredients. The Arkansas Soybean Promotion Board (ASPB) provides a variety of recipes that put healthy twists on classic dishes, such as [sweet potato pie](#) and [stuffing](#), or side dishes including [edamame salsa](#) and [cheese bread](#). Recipes for these and more family-favorite dishes can be found at [TheMiracleBean.com](#).

“Arkansas soybean producers work year-round to provide a quality product for our consumers,” said [John Freeman](#), Desha County soybean producer and ASPB chairman. “We celebrate Arkansas Soybean Month throughout November as an opportunity to help our neighbors across the state learn about and reap the health benefits of the crop.”



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Soybeans are grown in 41 of the state's 75 counties, accounting for 3 million acres of soybeans planted and contribute approximately \$2 billion to the state's economy annually. Arkansas consistently ranks among the top 10 soybean-producing states in the nation. This year soybean yields reached a record of 53 bushels per acre compared to 52 in 2022.

The Board's activities are funded by the soybean checkoff, a congressionally mandated assessment of soybeans specifically designated for research and promotion efforts.

For recipes, tools and information to help you celebrate Arkansas Soybean Month, visit the webpage [here](#). Follow ASPB on [Facebook](#), [Instagram](#) and [Twitter](#), or sign up to receive the monthly [Bean Brief](#) newsletter to stay updated on all activities.

To learn more about the Arkansas Soybean Promotion Board, visit TheMiracleBean.com.

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About Arkansas Soybean Promotion Board

The Arkansas Soybean Promotion Board is led by nine volunteer farmer-leaders nominated by various producer organizations in Arkansas and appointed by the Governor. Soybeans are Arkansas's top row crop with approximately 3 million acres planted each year, generating an annual economic impact of \$2 billion. Arkansas is consistently ranked among the top ten soybean producing states nationally, exporting 50% of its crop. ASPB invests more than \$2.2 million in research each year as part of its commitment to the continued sustainability of the Arkansas soybean industry. Learn more by visiting TheMiracleBean.com.