

## Effect

▶ Peptide : antihypertensive effect.  
Peptide that include in apios has antihypertensive effect!

▶ Apios' petal  
Apios' petal has effect that decreases blood sugar level.  
So many farmers reuse apios' petal.

## Nutrient of "Apios"

(compared with potato)

iron : included 4 times

fiber : included 5 times

protein : included 6 times

calcium : included 30 times

It includes many phosphorus too!

It is leguminous plant eaten by native American. It is source of power!

## Q & A of Apios

Mr. Apios



Do you have any question?

Ms. Apico

When does apios bloom its flower?



It blooms flower from July to September. But farmers pick early to grow apios in the soil.

I see. I have one more question. Where can I buy it?



We can buy in rest area of road and direct sale store.  
We can buy on the Internet too.

Oh, thank you. I'm glad to know about apios!



## Program of Research

- ① Researching the way to decrease its price.
- ② Develop a new product using it.
- ③ Appeal it for the whole of Japan!

# APIOS!

~ Let's appeal apios' charm for the whole of Japan ~



HIROSAKI  
MIDNAME

HIGH  
SCHOOL

12<sup>HR</sup>  
Group 10



# What is "Apios"?

Apios means "potato beans."

It was made in America many years ago.

Size → 3cm ~ 5cm

producing area → Shimokita area,  
(in Japan) Aomori prefecture.

taste → like chestnut

texture → like chinese yam

appearance → like small potato

Apios has many nutrient.  
So it is called "eel of field"!!

Mr. Apios    Ms. Apiko



## Motive

When I was an elementary school student. I ate "Apios" in school lunch.

Then, I thought..... →

↳ **What is this!?**

So we thought we want to research about apios.

## Features

- ① It is compatible with oil!  
↳ It's delicious when you make it fried food.
- ② It's crispy!  
↳ It's good when you make it salad.
- ③ It has modest sweetness!  
↳ It's delicious if you make it's sweet.

## History

- The place of origin → North America
- An ancient native American had eaten it as important energy sources.
- It's growing wild in north-east America.
- In Japan, apple farmer who lived in Aomori imported apple saplings. Then, it came over, because it mingled with soil of sapling.

## Attention!

- ① It has many sugars and calories!  
↳ We shouldn't eat many apios. We shall eat 4 or 5 apios in a day.
- ② It's expensive!  
↳ We recommend you to grow apios yourself. If you manage soil carefully, you can grow easily. If you grow it with your child, you can learn about "food and nutrition education."

## Recipe

1 - apios & avocado salad.

★ ingredients ★

- Apios ... 8
- Avocado ... 1
- Apple ... 1/4

- ★ mayonnaise ... 2 tablespoons
- ★ salt, sesame seed ... a little
- ★ milk ... a tablespoon
- ★ lemon juice ... a tablespoon

- ① Wash apios and boil it with salt.
- ② cut apios and avocado 1cm square.
- ③ Mix ★ to make sauce
- ④ Mingle from ① to ③ → finish!

2 - sweet bean jelly of apios

★ ingredients ★

- Apios ... 200g
- Sugar ... 50g
- Agar ... 10g
- Salt ... little
- Water ... 200ml

- ① Mingle agar and sugar.
- ② Cut end of apios and boil for 5~7 minutes
- ③ Drain apios and turn apios into paste.
- ④ put agar and sugar together. Melt agar.
- ⑤ Add the paste of Apios to salt.
- ⑥ Refrigerate ⑤ ---> finish!