This study contributes towards the development of theory and literature on diffusion of innovations, social network analysis, and agricultural development in Sub-Saharan Africa. It uses both quantitative and qualitative data collected using the WEAI+, SUNS, NPS and focus group discussions, by the Soybean Innovation Laboratory and the Mozambique Institute for Agriculture Research between 2014 and 2016. Both logistic regression models and social network analysis (SNA) techniques were used to examine what types of households participated in soybean uptake and the types of information and seed networks they accessed. The results obtained from our study suggested that, there were regional and gendered differences on soybean uptake because of varying socio-demographic characteristics, access to productive capital and agricultural networks accessed. The networks accessed for soybeans information are complex and provide smallholder farmers both bonding and bridging ties that promote soybean uptake. However, large friendship networks slow women’s uptake. Therefore, future studies should consider examining what types of bridging networks might promote women’s access to agricultural innovations.