

LENTILS

What is a Pulse?

Lentils are a pulse crop. Pulses are the dried, edible seeds of some plants in the legume family. The four main types of pulses that are grown in Canada are dry peas, lentils, beans and chickpeas but soy beans and faba beans are also grown.

Saskatchewan grows 90% of all lentils grown in Canada every year!



Lentils were first grown in southwest Asia about

A Healthy Choice

Protein is an important part of a healthy diet. Lentils, like other pulses, are very high in protein and fibre, as well as low in fat. Their protein content makes lentils a great alternative to eating meat. Lentils are found in many delicious dishes including soups, stews and even muffins!



Saskatchewan is the world's largest exporter of lentils!

Lentils have been eaten by humans since Neolithic times and were one of the first domesticated crops

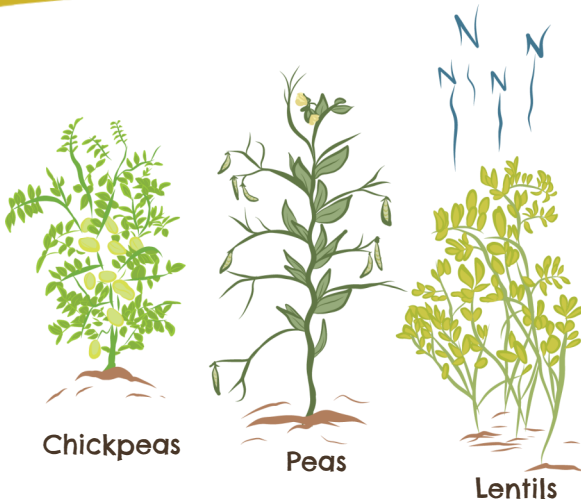
So Many Colors!

There are different types of lentils that are grown. The most common two types are red and green lentils.



All About the Nitrogen

Lentils, like other pulses, are nitrogen-fixing plants. This means that they take nitrogen from the air and convert it to plant food which helps the plants grow. Because of this extra nitrogen pulses provide, farmers don't need to put as much fertilizer in their soil!



Chickpeas

Peas

Lentils

PEAS

What is a Pulse?

Peas are a pulse crop. Pulses are the dried, edible seeds of some plants in the legume family. The four main types of pulses that are grown in Canada are dry peas, lentils, beans and chickpeas but soy beans and faba beans are also grown.



Different Varieties

The two main types of peas grown in Saskatchewan are green and yellow peas. These are both round-seeded peas which are used for food and animal feed. There are also seeds that are wrinkled and used mainly for freezing.

Peas are one of the world's oldest crops. They were first grown as early as 9000 years ago!

Saskatchewan produces most of the peas grown in Canada

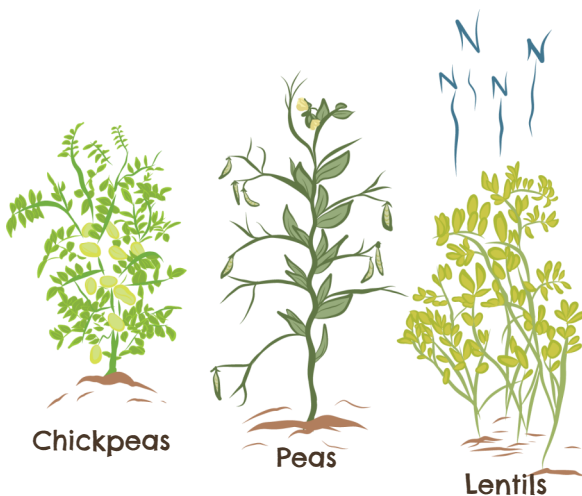


A Healthy Choice

Protein is an important part of a healthy diet. Peas, like other pulses, are very high in protein and fibre, as well as low in fat. Their protein content has led to peas being used in plant-based meat and dairy alternatives. Peas are also a healthy choice for animals! Many of the peas grown are used as feed for livestock.

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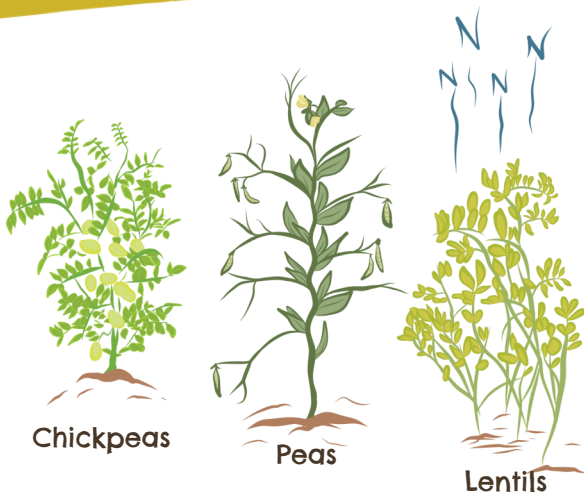
The four main types of pulses that are grown in Canada are dry peas, lentils, beans and chickpeas but faba beans are also grown.

A Healthy Choice

Protein is an important part of a healthy diet. Chickpeas, like other pulses, are very high in protein and fibre, as well as low in fat. They are also high in zinc and folate. Their protein content makes chickpeas a great alternative to eating meat. Chickpeas are found in many delicious dishes including soups, stews, falafels and hummus!

Chickpeas are used a lot in Mediterranean, Indian, Middle Eastern and Mexican dishes

Saskatchewan produces most of the chickpeas grown in Canada



Indeterminant Growth

Chickpeas are an indeterminant growth plant. This means that they will keep growing and flowering until they experience stress such as low moisture or not enough nitrogen. Until they experience this stress, chickpeas will put their energy into growing new flowers instead of putting their energy

Different Varieties

There are two main types of chickpeas grown around the world: Kabuli and Desi chickpeas. Desi chickpeas are more resistant to disease, frost, and insect damage than Kabuli chickpea plants.



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