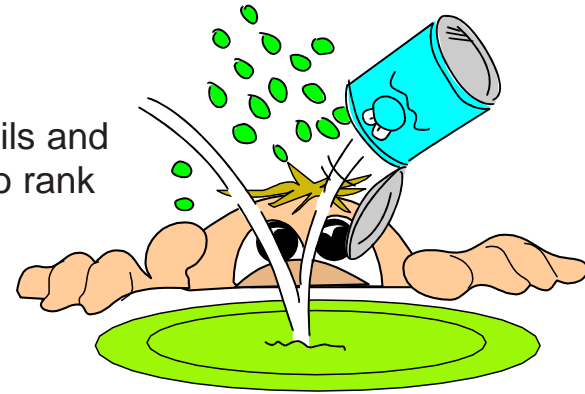


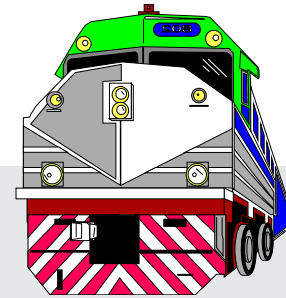
Good For You!

Although they are vegetables—peas, lentils and chickpeas have so much protein they also rank in the meat group! Your skin, bones, and muscles need protein to grow and stay healthy.

Peas, lentils and chickpeas also provide a significant source of iron, magnesium and zinc.

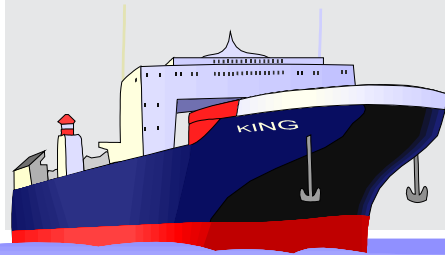


World Travelers



Sudan and Spain are major importers of Montana and North Dakota grown lentils.

India and Cuba are major importers of peas grown in Montana and North Dakota.



Northern
Pulse Growers
Association

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Legumes



Peas-ed To Meet You!

Peas and lentils are called legumes. Legumes are plants that have a special bacteria living on their root that help them make nitrogen.

All plants need nitrogen to grow. But legumes are special because they can make their own nitrogen.

Legumes are also good for plants like wheat that grow in the field the next year. Because of the help legumes get from bacteria, they have a lot more protein than grains.

Dry edible peas come in green and yellow varieties. Pea pods are similar to regular garden variety peas.

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Even though peas are eaten in soups, casseroles and other dishes, they are also used as an ingredient in several other things:

Baby Food
Flour
Bread
Pasta

Cookies
Chips
Drinks
Pet Food

Bird Food
Livestock Feed
Fuel



Pass the Peas-Please!

Did you know that your pets eat peas too? Peas are used as an ingredient in pet and bird foods!



A Peas Of History...

Peas are believed to have come from northwest Asia. Some archeologists think that people started growing peas and lentils more than 20,000 years ago.

Lentils, peas and chickpeas have been found in Egyptian tombs that were built over 4,000 years ago. Peas have been found in caves in Thailand that are over 11,000 years old.



We Are Number One!

Montana and North Dakota farmers are the top producer of peas and lentils in the United States! They grow 77% of all pulse crops grown in the entire U.S.! That would make ALOT of soup!

