INCREDIBLE EDIBLE IDAHO

PEAS & LENTILS

▼ Lentil

▲ Chickpea ▲ Dry Pea

▲ Lentil field in Genesee, Idaho

IDAHO PEA & LENTIL FACTS:

Legume plants have a special bacteria living on their roots that help them make nitrogen which all plants need for growth.

Idaho is 4th in the nation in dry pea and lentil production.

90% of all lentils in the U.S. are grown within a 90 mile radius of Moscow, Idaho and Pullman, Washington in an area called "The Palouse."

Peas, lentils and garbanzo beans (or chickpeas) are also called "pulse" crops.

PEA & LENTIL NUTRITION FACTS:

Peas and lentils are legumes.

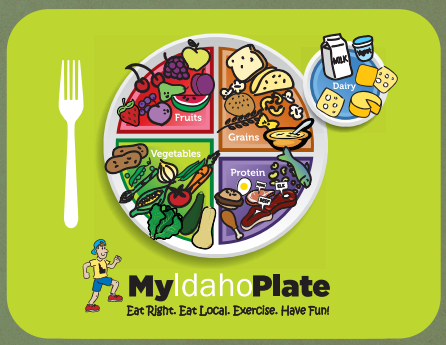
Legumes are excellent sources of plant protein and fiber.

Peas and lentils provide other nutrients such as iron, potassium, and magnesium.

For most people, 1/2 cup of lentils provides half of your daily needs for fiber and folate.

Top pea & lentil producing counties:

Latah Benewah Nez Perce
Lewis Idaho



Classroom handouts of this poster and correlating activity sheets can be printed at www.sde.idaho.gov/site/cnp/farmToSchool/fom.htm