

Red, Green, Yellow and Brown lentils



Lentils can be purchased Canned ,
Frozen or dried



The lentil is an edible legume and
originated in central Asia



There are four main categories of
lentils: brown, green, red/
yellow, and specialty. Brown lentils are
the most common variety



They are the oldest pulse crop known
to man and one of the earliest
domesticated crops



chickpeas (chana or garbanzobean)



Chickpeas are known by many different names all over the world. Other names include garbanzo beans.



Chickpeas are an agricultural wonder. Not only are they a valuable crop but they also restore depleted soils .

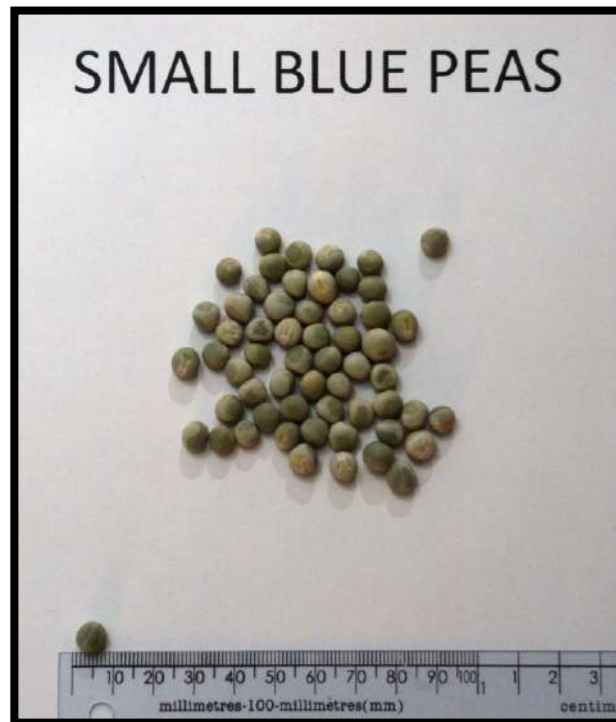


They are a dry land agricultural crop, using no agricultural water.



Chickpeas are an incredibly versatile ingredient to cook with and are a great source of both soluble and dietary fibre, important for maintaining a healthy digestive system.

Garden peas



Peas are a good source of vitamin A, vitamin C, folate, thiamine (B1), iron and phosphorus. They are also rich in protein, carbohydrate and fibre and low in fat



The Romans grew over 37 varieties of peas.



Elizabeth I had peas imported as they were very expensive.



35,000 hectares of peas are grown in the United Kingdom in a single year.