

Pulses

WHAT ARE PULSES?

Pulses are the dried, edible seeds of some plants in the **legume** family. The two main types of pulses grown in Manitoba are **peas** and **edible beans**. Because pulses are high in protein, they are a valuable and popular source for plant-based protein.



A HEALTHY CHOICE

Protein is an important part of a healthy diet. Many pulses are very high in protein and fibre, as well as low in fat. Eating pulses is a great way to include protein in your diet. They can be found in many delicious dishes including soups, stews and even muffins!

PULSES AND THE ENVIRONMENT

Pulses take nitrogen from the air and convert it into plant food, so farmers don't need to put as much fertilizer in the soil. Their lower environmental impact makes pulses a sustainable crop to grow.



A VERY BRIEF HISTORY OF THE FIELD PEA

Field peas, belonging to the pulses, are one of the oldest crops in the world, first cultivated as early as **9,000** years ago! It is native to Syria, Iraq, Iran, Turkey, Israel, Jordan, and Lebanon, and has been cultivated in Europe for several thousand years. Peas are now grown in **all climate zones**, including the tropics, where they're grown at high elevations. Pea production in Manitoba began in **1908**.



MMM HEALTHY!

Peas are rich in complex carbohydrates, fibre, vitamin C and B-vitamins and are low in fat. They are also a great source of **protein** for both humans and livestock – especially pigs!

The Roquette plant in Portage la Prairie, Manitoba is the world's largest pea processing plant!

COLOURFUL VARIETIES

The varieties of peas produced and marketed in Manitoba are:

- Yellow**
- Green**
- Forage**
- Maple pea**
- Marrowfat**



Edible Beans

A VERY BRIEF HISTORY OF EDIBLE BEANS

Edible beans, also known as dry beans, field beans or common beans, are **an important part of Manitoba's agricultural history**. They were grown in what is now Manitoba over 2,000 years ago. The plant would have made its way north through trade between Indigenous groups in the countries now known as Mexico, the United States, and Canada.



Manitoba is the second largest producer of edible beans in Canada!

MMM HEALTHY!

Eating edible beans **reduces the risk** of heart disease, diabetes, obesity, and cancer. Beans are inexpensive which makes them a **budget-friendly** choice. Their **neutral flavour** means they can be added to any meal, from pastas to desserts!

COLOURFUL VARIETIES

Some of the varieties of edible beans produced and marketed in Manitoba are:

White Pea (Navy)

Kidney

Pinto

Black

Small Red

