

Fun Facts about

LENTILS

- Lentils are a type of pulse. The name “pulse” refers to pols, a thick soup. They grow in pods and appear as lens-shaped seeds.
- Lentils were among one of the first crops to be domesticated in the Near East and have been part of our diets since the Stone Age.
- Montana is the top producer of lentils in the United States, producing almost 40% of the lentils grown in the US.
- Like other legumes, lentils add nitrogen to the soil, improving soil health. This makes them a good rotational crop with wheat and other grains.

