



WA Local Foods

Lentils

Promotional Resources

Fun facts

- ♦ Lentils are a superfood high in protein, iron, folate, calcium, magnesium, phosphorus, copper, manganese, selenium and fiber.
- ♦ Lentils can be any color including white, black, yellow, pink, red, brown, and green.
- ♦ A lentil is considered a bean (seeds grown in pods), a legume (soil-building plants that converts nitrogen into fertilizer in the soil), and a pulse (the edible seed of a legume).
- ♦ Montana is the top producer of lentils in the United States, producing almost 40% of the lentils grown in the US.

Know your distributor

Puget Sound Food Hub - Mt. Vernon, WA

The Puget Sound Food Hub is a farmer-owned cooperative that markets, aggregates, and distributes locally produced food from their partner farms to wholesale buyers.

Know your farmer

Timeless Seeds - Ulm, MT

Timeless Seeds started in 1977 when four organic farmers came together in Central Montana. Over three decades, they've focused on their commitment to sustainable agriculture, good health, and the local community. Although a small, farmer-owned company in rural Montana, Timeless bulk grains are marketed worldwide!



Educational Resources

Food nutrition and education activities can further reinforce Farm to School efforts made in the cafeteria. The following resources were compiled to help your school spread information about local foods and healthy eating to increase students' knowledge of healthy eating and where food comes from.



- ♦ [WA Grown Food Kit for Lentils - WSDA](#)
- ♦ [Lentils of the Southwest Recipe - ICN Child Nutrition Recipe Box](#)
- ♦ [Bison & Lentil Chili - Montana Child Nutrition Recipe ICN](#)
- ♦ [Lentils - Montana Harvest of the Month](#)
- ♦ [Pulses in Schools - USA Pulses](#)
- ♦ [Pulses in the Classroom \(Learn with Pulses\) - USA Pulses](#)
- ♦ [Pulse on Health \(4th Grade Curriculum\) - WSU](#)
- ♦ [Lentil Basics - Food Hero \(Spanish\)](#)



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