



## Local Food For Schools

# LENTILS

## Promotional Resources

### Fun facts

- Lentils are a type of pulse. The name “pulse” refers to pils, 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.

### 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 increase students’ knowledge of healthy eating and where food comes from.

- [USA Pulses – Pulses in Schools](#)
- [USA Pulses – Learn with Pulses](#)
- [Washington Agriculture in the Classroom – Grains and Legumes of the World](#)
- [Pulse on Health - Curriculum for 4th grade](#)
- [Montana Harvest of the Month - Lentils](#)
- [Walla Walla Harvest of the Month – Lentils](#)
- [WSDA – Beans and Lentils Poster and Brochure](#)
- [Food Hero – Lentil Basics \(Spanish\)](#)



## **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 Natural Foods - Ulm, MT

Timeless Natural Foods was created in 1987 by four organic farmers to market the production from their own farms. While Timeless remains a small, farmer-owned company they support dozens of organic family farmers throughout Montana and the surrounding region with soil-building crop rotation options and new markets for their quality crops.



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