

INCREDIBLE EDIBLE IDAHO



▲ Lentil field in Genesee, Idaho

IDAHO LEGUME FACTS:

Legume plants have a special bacteria living on their roots that help them make nitrogen which all plants need for growth.

Idaho is fourth in the nation in dry pea and lentil production, and 5th in dry bean production.

90% of all lentils in the US are grown within a 90 mile radius of Moscow, Idaho and Pullman, Washington in an area called "The Palouse."

Peas, lentils and garbanzo beans (or chickpeas) are also called "pulse" crops

LEGUME NUTRITION FACTS:

Legumes are seeds that grow in pods and include lentils, beans, and peas.

Legumes are excellent sources of plant protein and fiber.

Legumes provide other nutrients such as iron, potassium, folate, and zinc.

The 2005 Dietary Guidelines for Americans recommend eating three cups of beans a week.

Counties where legumes are grown:

▲ The top pea and lentil producing counties: Latah, Benewah, Lewis, Idaho and Nez Perce.

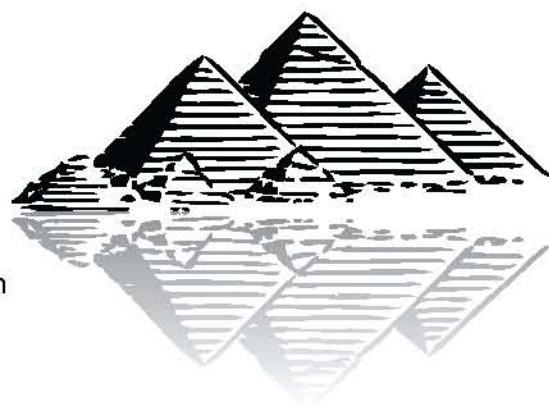
▲ Beans are grown in Twin Falls, Jerome, Cassia and Minidoka, Ada and Canyon Counties



Legumes ... Did you know!

A Peas Of History...

Peas are believed to have come from northwest Asia. Some archeologists think that people started growing peas and lentils more than 20,000 years ago. Lentils, peas and chickpeas have been found in Egyptian tombs that were built over 4,000 years ago. Peas have been found in caves in Thailand that are over 11,000 years old.



Pass the Peas-Please!

Did you know that your pets eat peas too? Peas are used as an ingredient in pet and bird foods!



Good For You!

Peas, lentils and chickpeas have so much protein that they can also rank in the meat group. Your skin, bones, and muscles need protein to grow and stay healthy. Legumes also provide a significant source of iron, magnesium, potassium, folate and zinc. They also contain little or no fat and a high percentage of plant protein which is easily converted into energy by our bodies.



Good for the Earth!

Peas, lentils and chickpeas are legumes. Legumes are plants that have special bacteria living on their roots that help them make nitrogen. All plants need nitrogen to grow, but only legumes can make their own nitrogen (with the help of a bacteria living in their root.) Legumes are also good for plants like wheat that may grow in the field the next year. Because of the help legumes get from the bacteria, they have more protein than grains.

Can you find the bean that goes with the food?

Bean Form



Food Form



soup

hummus

chili

Can you name other food that can be made from legumes?

Garbanzo/Chickpeas _____

Lentils _____

Dry Red Beans _____

RECIPE

CONFETTI BEAN SALSA

Ingredients:

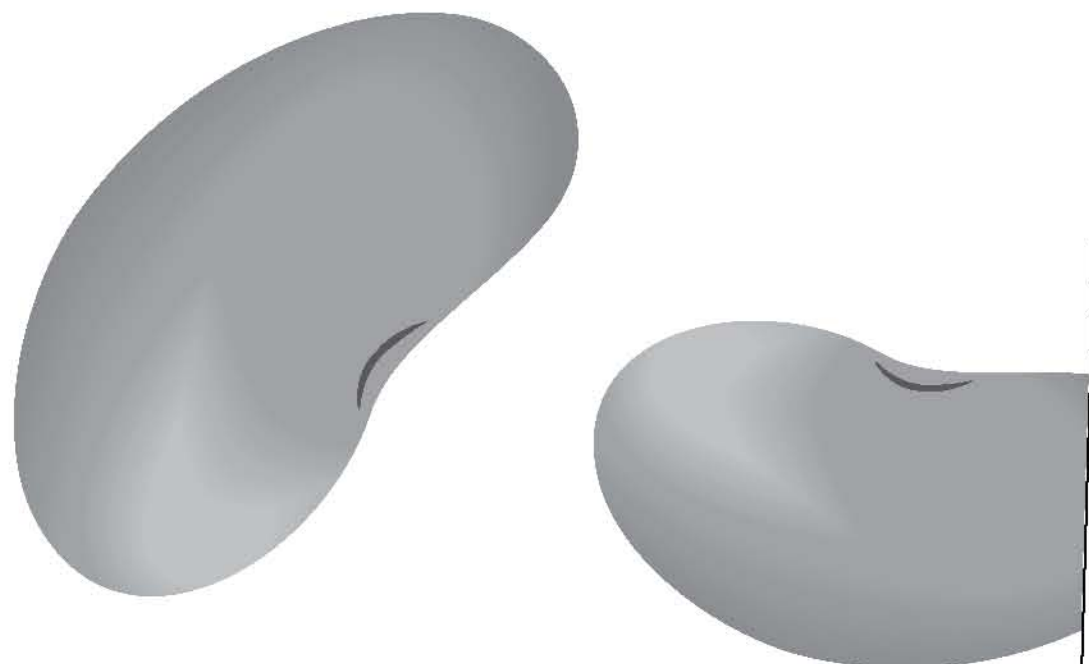
- 1 15-ounce can red beans or lentils
- 1 11-ounce can corn
- 1 cup salsa

Instructions:

1. Drain and rinse beans.
2. Drain corn.
3. Combine beans, corn and salsa in medium-size bowl.
4. Mix.
5. Scoop with baked tortilla chips, cut-up raw vegetables or whole grain crackers.

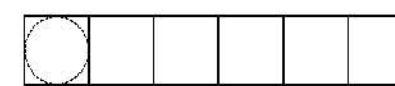
Makes 3 cups salsa or 6 half-cup servings (or 12 tasting servings)

Source: Power of Choice, USDA



Legumes

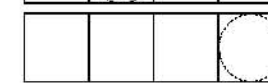
SECNOD



TIHRYT RECPETN



FIEV



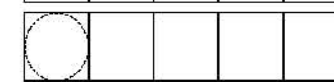
ALHAT



WENHEAB



LEIWS



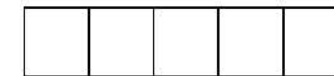
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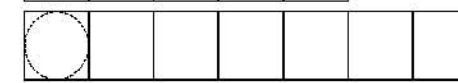
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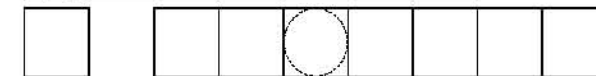
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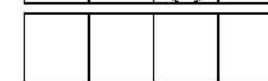
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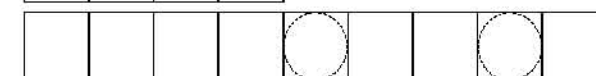
OIRN



NCZI



SMGUMNIAE



Unscramble each of the clue words.

Take the letters that appear in boxes and unscramble them for the final message.