

## Growing Pulses



Pulses, like these maple peas, are typically the first crops planted in the spring. Pulses begin as flowers and develop into pods with seeds.

## Harvesting Pulses



Pulses are harvested between late summer to late fall when they are sufficiently dry in the field.

## Pulses & Soil



Pulses improve soil structure and fertility by returning key nutrients, including nitrogen, to the soil during the growing season and after they are harvested.

## Buying Canadian

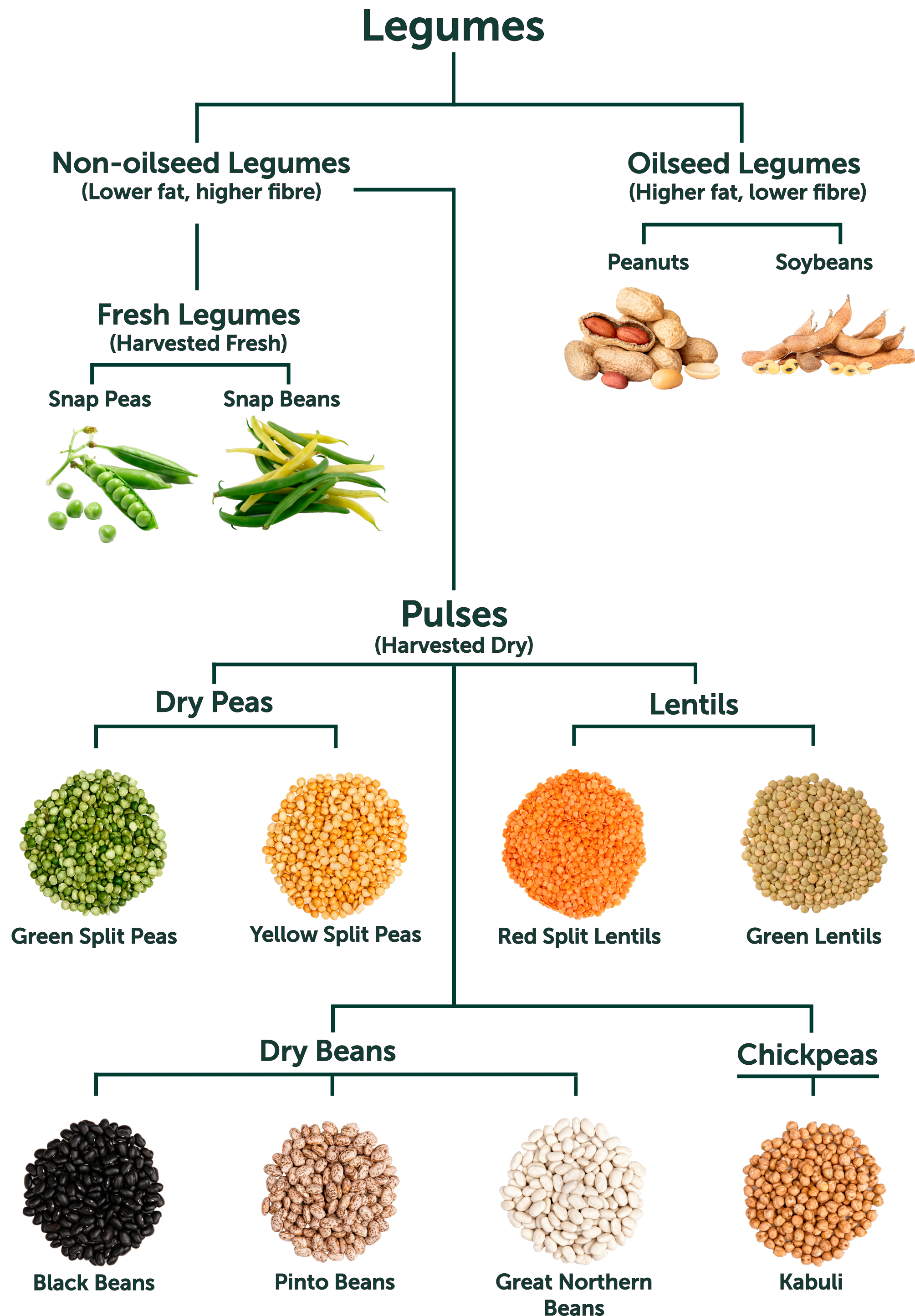


In Canada, pulses are grown in Alberta, Saskatchewan, Manitoba, Ontario and Quebec. Look for pulses labelled "Product of Canada" to support Alberta and Canadian pulse farmers.

Other Canadian grown pulses include: red kidney, white kidney (cannellini), cranberry (Romano), and navy beans and French green, Spanish brown and black "beluga" lentils.

# What are Pulses?

The dry edible seeds of pod plants in the legume family



## Eating Pulses



**Pulses in Dips**  
Green Split Pea Pesto Dip  
White Bean & Pickled Beet Dip  
Red Lentil & Roasted Carrot Dip



**Roasted Pulses**  
Black Pepper & Lime Roasted Lentils  
Cinnamon & Sugar Roasted Chickpeas  
Cajun Roasted Black Beans



**Pulses in Baking**  
Chickpea Hermit Cookies  
Chickpea Snack Cake  
Chickpea Jammers

## For More Recipes

