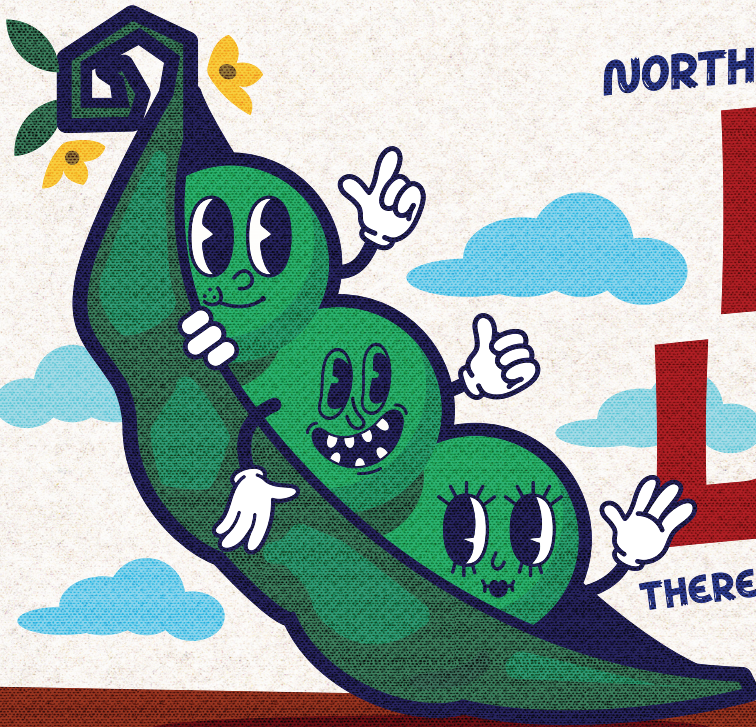


NORTH DAKOTA HARVEST OF THE MONTH

PEAS & LENTILS

THERE'S SOMETHING SEEDY ABOUT THESE FACTS.

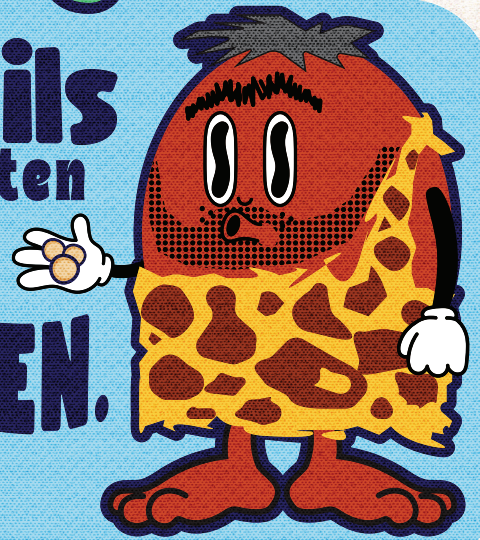


Pulse crops like peas
and lentils are harvested



for their **seeds**.

Lentils
were eaten
by
CAVEMEN.



North Dakota is the
USA's
biggest producer of
dry **peas** and dry **beans**.

Dry peas and lentils are
HEART
healthy
foods.

**Beans, peas,
lentils & chickpeas**
are all
part of
the

**Legume
family.**



All pulse crop seeds
come from

PODS

