

Lentils from Canada

Lentils (*Lens culinaris*) are an ancient crop that has been grown since the Stone Age. Canada is the world's third largest producer and second largest exporter of lentils. About 80% of Canadian lentils are grown in Saskatchewan. Several niche lentils have been developed - French greens, Spanish browns, red cotyledons. Lentils have excellent nutritional quality.

Canadian-grown lentils have an average protein content of 29%. The seeds are used as human food and the whole plant as feed. In North America most lentils are used in soups and stews. Cooking quality is a foremost quality criterion.

All lentil varieties currently grown in Western Canada target the human consumption markets. Canada has primarily been a green lentil producer and our traditional lentil destinations into Europe and Middle East –(Egypt, United Arab Emirates, Saudi Arabia). However, with the increase in the production of red lentils and the ability to further process lentils (decortication and splitting), Canada has been making inroads into additional destinations in Asia (Bangladesh, India, Pakistan, Sri Lanka)

Laird Lentils

(Large Green)

Large (6.0 - 7.0 mm) lentil with a green skin and yellow cotyledon. Laird lentils have long been the preferred lentil type in much of Europe and Latin America. Flavor and texture varies widely depending on the country and region of origin but is richer than the smaller varieties.



Richlea Lentils

(Medium Green)

Medium (5.5 - 6.0 mm) lentil with a green skin and yellow cotyledon. It is used in soups and has a relatively neutral flavor.



Eston Lentils

(Small Green)

Small (4.5 - 5.5 mm) lentil with a green skin and yellow cotyledon. Its low starch and color content makes clear soups and is also used in salads. They have a relatively neutral flavor.



Crimson Lentils

Crimson Lentils (*Lens Esculenta*) Whole Red Lentil, The skin is removed from the lentil, leaving the inside portion of the seed whole (not split). The result is a beautiful intact, reddish-orange polished product. They are high in protein like any legume, bean or lentil. Crimson Lentils also cook much faster than other lentils. Just 5 minutes is all that's required. Soaking isn't necessary either. In fact, because they cook so quickly. When cooked and work best for soups, stews, salads and side dishes. Husked lentils cook very rapidly and generally turn to puree when cooked



Split Red Lentils (Also known as: Lentille, Lense, Masoor, Merimek, or Saabat Masoor

Split red lentils are made from splitting the whole red lentil. Split red lentils are made from splitting the whole red lentil. The skin is removed and the remaining reddish-orange seed is then split into two halves. These lentils cook faster than others. They are best in puree or soups.

