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Lentils:

- Nutritional powerhouse; positioned as a super food of the future
- One serving lentils cost $.07 vs. $1.07 of beef
- Crops need very little water, do not require fertilizer, grows in different kinds of soil, and has a low Carbon footprint
- Pulse crop - harvested solely for dried seeds
- Compound leaf - a leaf of a plant consisting of several or many distinct parts (leaflets) to a single stem. Two types are palmate & pinnate
- Found in tombs of ancient Egyptians in 2400
- BC and a Greek cave in 11,000 BC
- Truly sustainable, versatile and nutrient rich
- One of the first domesticated crops
- All US grown lentils are non GMO
- Does not need to be soaked before cooking
- Low in fat, high in protein, folate, phosphorus, fiber, iron, vitamin B1, B6, potassium, zinc, and pantothenic acid
- Largest exporter - Saskatchewan, Canada

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