

HOW PULSES GROW

Did you know pulses are grown across the U.S.? Planted in early spring and harvested in late summer, U.S.-grown pulses are high quality, with processing and grading standards above the rest.

HOW ARE PULSES GROWN?

The term "pulses" refers to the dry, edible seed of legume plants. All pulses grow in a pod just like other legumes, but one of the things that makes pulses unique is that they are harvested dry—**meaning the plant and pod must dry out completely before being harvested.**

All pulses are harvested in a dry, shelf-stable form which is one of the reasons they are considered a sustainable food choice. Pulses also have a higher protein and fiber content compared to other types of legumes. Pulse crops include lentils, chickpeas, dry peas & beans.

BEANS



Many bean varieties—including black, cranberry, and kidney beans—are grown in the U.S.

DRY PEAS



Both yellow and green peas are grown in the U.S.

CHICKPEAS



Both large (Kabuli) and small (Desi) chickpeas, or garbanzo beans, are grown in the U.S.

LENTILS



U.S.-grown lentil varieties include black, brown, green, red, organic, decorticated, and more.

PULSES



Looking for chickpea, bean, dry pea, and lentil suppliers near you?
Head to our [U.S. Suppliers Guide](#). Buying pulses domestically is an environmentally friendly option and supports local U.S. growers and processors.

WHERE ARE PULSES GROWN?

Regions that yield the highest pulse crops in the U.S. include the Northern Plains—comprised of Montana, North Dakota, and South Dakota—and the Palouse—which includes Eastern Washington, Northern Idaho, and Northeastern Oregon. Many other states are also starting to grow more pulses, as they play a key role in soil health and regenerative agriculture practices.

For ingredient suppliers in the U.S., visit our Suppliers Guide at USAPulses.org.



 BEANS

 CHICKPEAS

 DRY PEAS

 LENTILS