

COMMON CANADIAN PULSE TYPES

Canada is renowned for its high-yielding, disease-resistant varieties of pulses. Pulses are grown and processed at various locations in the country for home and world markets. Pulses are an excellent source of protein, fibre, vitamins and minerals, providing nutrition at reasonable cost. In addition to their excellent food value, they can be stored for long periods of time and are an integral part of peoples' diets worldwide. As a source of human and animal foods, pulses are ranked second to cereal in many countries of the world.

Canada is a major supplier of high-quality pulses to world markets, with increasing quantities of dry beans, dry peas and lentils being exported annually to more than 65 countries. Production is centered in Ontario and the western provinces of Manitoba, Saskatchewan and Alberta. Ontario is the leading producer of dry beans, including navy or white, great northern, white kidney, red kidney, pinto and brown beans, as well as white-hilum soybeans. Saskatchewan is the leading producer of both lentil and peas. Dry beans, including pinto, pink, small red, black and faba beans, are also grown in Manitoba and Alberta. Dry beans, dry peas and lentil are processed and cleaned to high standards for both domestic and export markets. Grade standards set by the Canadian Grain Commission provide the buyer with a guarantee of superior and consistent quality.

White Pea Bean

Also referred to as navy beans, white pea beans have been produced commercially in southwestern Ontario for over 100 years. Ontario is the major producer of white pea beans in Canada, with a smaller production occurring in southern Alberta. White pea beans are marketed under the Ontario Bean Producers' Marketing Board which represents over 2,500 bean producers, and which also initiates policies, research and testing programs designed to ensure that only the best beans are developed and used. One of the most inexpensive sources of food energy obtainable, white pea beans are nutritious and high in protein (@22%). They are a good source of fibre, iron, calcium, phosphorus and thiamine. White pea beans are used almost entirely for human consumption, primarily going to the canning trade for production of canned baked beans. Normally, 80-85% of production is exported to over 71 countries around the world. The weight per 1000 seeds for white pea beans is 170-230 grams.