

# PULSES



## BY THE NUMBERS – 2022

**1.9 MILLION**

acres seeded

**5,400**

farm families

**\$633,557,467**

to the provincial economy

metric tonnes  
of product



**FIELD PEAS:** 793,331

**DRY BEANS:** 101,596

**CHICKPEAS:** 15,153

**LENTILS:** 130,153

**FABA BEANS:** 18,913

## FUN FACTS

The agricultural production of beans, chickpeas and lentils dates back to 7000–8000 B.C.



The Food and Agriculture Organization of the United Nations (FAO) chose February 10 to celebrate **World Pulses Day** every year!

## DID YOU KNOW?

The word pulse comes from the Latin word *puls*, which means thick soup.

Largest overall export market: China.



## ENVIRONMENT

Pulses are an excellent crop to include in crop rotation, as they improve soil health, require little water to grow and little to no nitrogen fertilizer because of the beneficial relationship pulses have with soil bacteria.

## MEET A PRODUCER

Will Müller, Müller Ventures Inc.

Will Müller is a second-generation farmer near Bow Island, Alberta, where he farms with his parents and brother. In 1978, his family moved from a small farm in the Netherlands to southern Alberta, where the irrigation systems supported some of the same crops they grew in Holland. They grow a variety of crops, including dry beans and lentils. They grow pulses because they fit into their crop rotation and grow very well in their area. As Will says, “How could I not grow beans, when the town I live by is known as the “Bean Capital of Western Canada?”



One cup of cooked beans has the same amount of fibre as 8 slices of whole wheat bread!



Visit the Know Your Food website at [knowyourfoodab.ca](http://knowyourfoodab.ca)