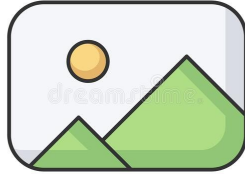


AGRiMATCH

lentil



Lens culinaris

Days to harvest 80-110 days

PRINT

The term “lentil” is a direct reference to the word “lens”, which not only references its botanical name but its shape. The legumes resemble small lenses. Lentil crops are annually grown and belong to the Fabaceae plant family. The pods contain edible seeds, each pod producing at least two seeds that can be split if desired. The vine itself is quite slender with hairy, erect, branching stems.

Sun and Temperature

Full sun is ideal for growing lentils. Aim for 8 hours of good sunlight per day for best development. Your lentils are best started off when the weather is cool but the soil is warm. They can be grown during cooler, temperate weather, but they tend to perform the best once it gets comfortable outside. They’re sensitive to frost, and will suffer damage if it gets below 50 degrees.

Water



A minimum of 10 inches of annual rainfall is required for lentil production.

Harvest

To harvest the lentils, the entire lentil plant is pulled from the ground. If the lentil pods need to dry out a little more, they can be laid out in the sunshine until they're completely dry and brown. The plants are shaken ('threshed') to remove the lentil pods.

Storing

You should store lentils in dry, dark conditions. Ensuring proper cool, dry, and dark storage conditions may help lengthen the time before any discolouration occurs. Seed from successive years should not be mixed, as the oldest seed can cause downgrading of the entire sample.

Nutritional Benefits

Lentils are high in protein and fiber and low in fat, which makes them a healthy substitute for meat. They're also packed with folate, iron, phosphorus, potassium and fiber.

