Meet Legumes

Legumes include all types of beans, peas, and seeds from the Fabaceae plant family. There are thousands of different species of legume plants. Legumes come in many different shapes, sizes, and colors. Legumes can be consumed in many forms including split, ground into flours, dried, canned, cooked, or frozen. Legumes are a staple in many cultures around the world and are a cost effective source of protein, iron, fiber, and micronutrients.

A legume is a plant whose edible fruit is enclosed in a pod.

Pulses

Pulses refer to the dried legume seeds.

Pulses come in many varieties, including include black beans, chickpeas, lentils, fava beans, yellow and green split peas. They can be stored for months without losing their nutritional value.

Fresh Peas & Beans

Fresh peas and beans are legumes still in their pods.

Peas were one of the first crops to be domesticated by humans. Beans are a staple ingredient in dishes all around the world.

Soybeans & Peanuts

Soybeans (also known as edamame) and peanuts are popular members of the legume family.

In 2014, peanuts grown by Georgia farmers accounted for over 46% of peanuts grown in the US!

For more information, visit www.georgiaorganics.org/for-schools/octoberfarmtoschoolmonth.