

Taste The Difference

Making Good Lentil Choices

Choices, Choices...

What's a Lentil Lover To Do?

Don't be confused by unknown (and occasionally unlabeled) sources; we'll help you make the right choice.

Organic or Conventional?

- Organic lentils from Montana are grown on dryland farms where they are never irrigated, only watered by a scant 12" to 14" of annual precipitation.
- Conventional lentils can be sprayed with herbicides as little as 10 days before harvest to "desiccate" (dry) the plants for uniform harvest. Synthetic chemicals will never be applied to organic lentils!

Commodity or Family-Farmed?

- Since 1987, Timeless Natural Food has supported Montana family farms. **We can trace every lentil back to the very farm that produced it.**
- When you buy from commodity sources that combine seeds from hundreds – or thousands – of growers, you'll be lucky find out the country of origin, i.e., India, Canada, Turkey, USA.

How Will You Use Them? Salad or Puree?

- Timeless "decorticated" lentils have the dark skins removed leaving bright reddish orange (**Petite Crimson Lentils**) or sunny yellow (**Harvest Gold Lentils**) seeds. They cook quickly and are often used to make purees, dips, and creamy soups.
- Lentils with the skins on (**Black Beluga Lentils**®, **French Style Lentils**, **Pardina Lentils**, or **Green Lentils**) hold their shape when cooked and are good for salads, baked casseroles, veggie burgers, and hearty soups.

How Long Have They Been in Your Pantry?

Lentils keep for a very long time. However if you've had them on your pantry shelf for more years than you can remember, be advised that you may need to allow a little extra cooking time.

Want to Try Your Hand at Sprouting?

Timeless **Black Beluga**, **French Style**, **Pardina**, and **Green Lentils** are all excellent for sprouting. Try each variety and experiment with flavors; you'll discover their subtle differences.



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