

# MONTANA PULSE CROPS

## A LEADER IN PRODUCTION, QUALITY AND INNOVATION

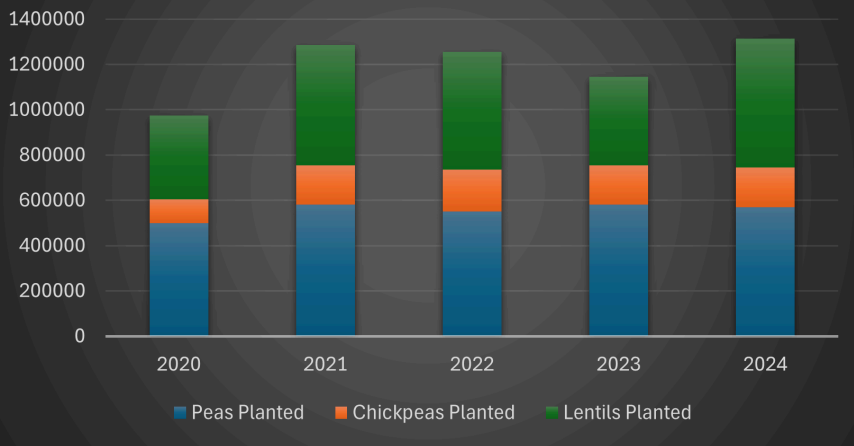
It comes as no surprise that with lentil prices peaking in the market in January 2024, many Montana producers opted to expand their lentil acreage in their production plans, leading to an increase in Montana's planted acreage estimates to 570,000 acres. Notably, the USDA-NASS 2024 Spring pulse estimates indicate that lentils are not the sole pulse crop experiencing a surge in planted acres. Over the past four years, there has been a consistent upward trend in planted pulse acres. Pea acreage has risen by 70,000 acres since 2020, while lentil acreage has seen an increase of nearly 200,000 acres since 2020, and chickpea acreage estimates have increased by 70,000 acres since 2020. This culminates in a total planted acreage estimate of 1.32 million acres for pulse crops in the 2024 crop year. Consequently, the US pulse acreage is forecasted to increase this year.

### 2024 US PULSE PRODUCTION STATS

- Lentils are expected to see the largest acreage increase, with a forecasted 39.5% increase in seeded area to 762,000 acres. If realized, this would be the largest lentil acreage in the U.S. since 2018.
- Chickpea acres are forecast to increase by 15.2% on the year, reaching 429,000 acres, which would be the largest acreage base since 2019.
- Edible bean planting intentions are estimated at 1.316 million acres, up by 11.5% from 2023, with about half of the intended acres slated for North Dakota.
- Pea area is expected to increase by about 1%, reaching 974,000 acres.

<https://marketsfarm.com/u-s-pulse-area-to-rise-in-2024/>

### Pulse Planting Estimates



### THE EXPERTS (THE FARMERS) WIEGH-IN

Will planted acres predict production this year? Let's ask the experts (the farmers) how spring planting and growing is going.

"Planting is done, that went well. As far as growing part, a few crusting issues and lack of growing degree days has been the biggest challenges." -**Larry Myers Myers Farms Inc, Big Sandy MT**

"Yeah, brr, everything is slow." -**Paul Kanning, Flaxville MT**

"Best moisture, we've had in my areas in 4 years I believe."

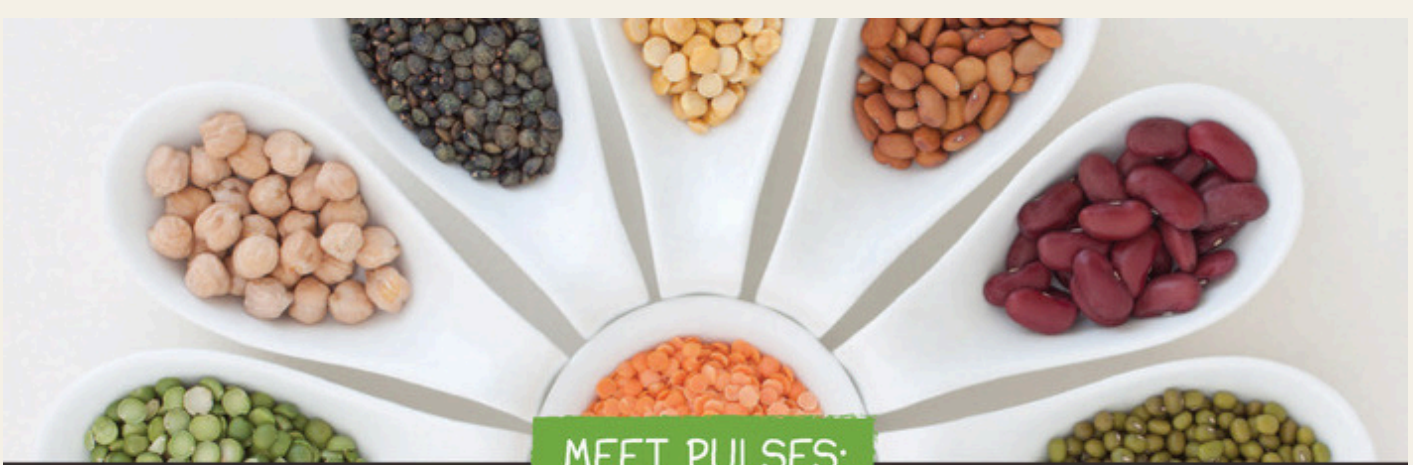
-**Todd Hansen, Gildford MT Producer**

Spring is rolling along really nicely here. We have had really good moisture. Some guys planting later around my area due to moisture. Winter wheat looks excellent. Lots of emerged spring crops looking like they have a great start. -**Blaine Juedeman, Glendive Montana**

I asked **Steve Sheffield** about his yellow peas, "We have some signs of pea weevil we will have to spray for, great moisture, ground is saturated well, but a little slow in growing perhaps due to cooler temps."



It appears that across most regions of the state, moisture levels have generally been sufficient. Coupled with the anticipated warmer temperatures ahead, pulse producers are expressing optimism regarding this year's crop outlook. With an increase in pulse acreage and favorable growing conditions, pulse production may rise significantly statewide. Let us collaborate closely with our producers and also make this a year to increase your own pulse consumption. Not only are pulses health powerhouses for your soils but also for you! Learn more about how and why you should add more pulses to your diet on the next page.



MEET PULSES:

# The Health Powerhouses

Pulses, in technical terms, are the dry, edible seeds of plants in the legume family. In understandable terms, they're a category of superfoods that includes chickpeas, lentils, dry peas, and dry beans. They're incredibly healthy, which is one reason the United Nations declared 2016 as the International Year of Pulses.



*Here's how pulses pack such a nutritional punch that they're considered both a protein and a vegetable:*

- ✓ **Protein-packed:** They contain up to 9 grams of protein per ½ cup cooked serving—twice the protein of quinoa. And unlike many protein-rich foods, pulses are low in fat.
- ✓ **Nutrients galore:** Pulses deliver high levels of potassium, magnesium, zinc, B vitamins and iron. One serving of black beans has 1.5 times the amount of iron as flank steak, plus three times the folate (an essential B vitamin) of kale, and as much potassium as a banana. Even more, red kidney beans are loaded with more antioxidants than blueberries or pomegranate juice.
- ✓ **Beneficial for disease prevention:** Pulses have been shown to improve blood sugar control and reduce blood cholesterol and blood pressure, thus reducing the risk factors for heart disease and diabetes.
- ✓ **High in fiber:** Pulses are high in both soluble and insoluble fiber, helping with staying regular, losing weight, and feeling fuller longer.
- ✓ **Good for dietary restrictions:** Being gluten-free and vegetarian makes them a good option for people with special diets, allergies or sensitivities.
- ✓ **Smart source of folate:** Pulses are excellent sources of folate, a B vitamin important during pregnancy to reduce the risk for neural tube birth defects. Folate is also essential to brain development and function.

USAPULSES.ORG



## Healthy, Easy, Tasty, Fun!

Make meal prep a breeze by signing up to receive FREE recipes, tips and shopping lists featuring pulses, aka chickpeas, beans, lentils or dry peas.

The Half-Cup Habit makes it simple to add the recommended 1 ½ cups of pulses per week\* (or ½ cup three times per week) to your diet. Packed with protein, fiber and nutrients, eating pulses can help you maintain a healthy weight and improve overall wellbeing.

[HTTP://PULSES.ORG/US/HALF-CUP-HABIT/](http://pulses.org/us/half-cup-habit/)



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