

US Dry Peas Delicious Food Nutritious Food Ingredient



**Today, I'd like to talk to you
about a food that you may not
be familiar with –
US dry peas**

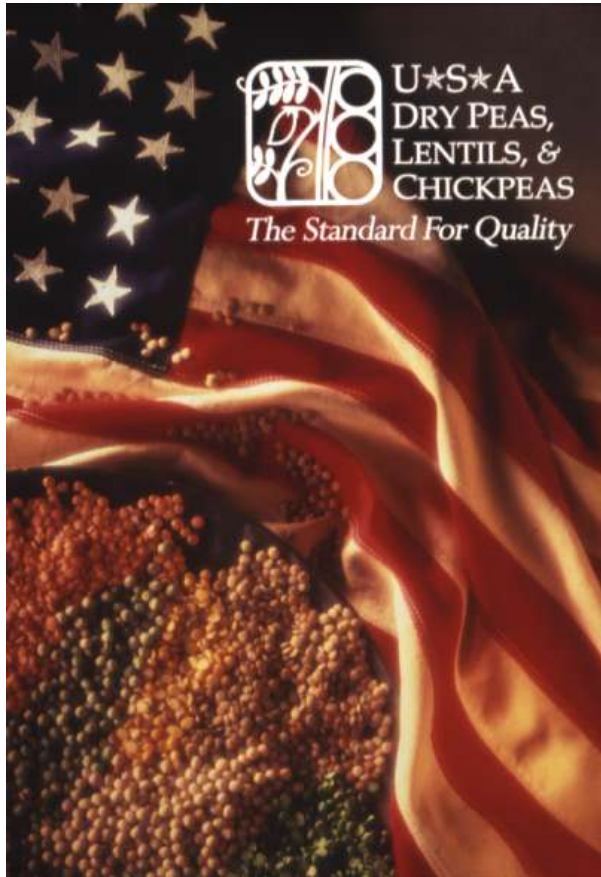
**The name may not sound very
exciting, but dry peas are one
of the most healthful, delicious
and affordable foods in the
world.**



USA DRY PEA & LENTIL COUNCIL

Our members are:

- growers
- processors
- exporters
- shippers



They produce, process and ship dry peas, lentils and chickpeas throughout the US and to markets around the world.



- grown in the Pacific Northwest of the USA
- rich in protein, vitamins, minerals & fiber
- non-GMO



types of US dry peas:

- whole green
- whole yellow
- split green
- split yellow



US Dry Pea Production (MT)	
2012	2013
493,143	723,310

2013 production of US dry peas was estimated at over 700,000 MT, up 47% from 2012

- **US dry peas are shipped in 50 kg. bags, in full container-loads (22 MT)**
- **in 2013 the US shipped nearly 20,000 MT of dry peas to Kenya**
- **10,000 MT were split yellow peas for food aid, but the rest were for the retail sector, including 2,000 MT of green dry peas**



➤ **delivery from the US to Mombasa takes from 6 to 8 weeks**

- whole green peas, usually found in cans, are a popular vegetable
- split green peas (dry packaged product) are excellent for stews, purées or soups
- whole yellow peas (dry packaged product) can be served in stews or as a purée, or milled into a flour as a protein-rich food ingredient
- split yellow peas (dry packaged product) are perfect for soups
- whole dry peas need to be soaked overnight
- split dry peas need no soaking



- **US dry peas are the cheapest dry legume in the world because they enjoy excellent growing conditions in the US northwest and yield high volumes**
- **US dry peas are an extremely healthy, natural food**
- **they provide protein, complex carbohydrates, and vitamins**
- **dry peas also provide minerals such as iron, magnesium, phosphorus and zinc which play a variety of roles in maintaining good health**



- **like other plant-based foods, dry peas contain no cholesterol and little fat or sodium**



a word about yellow pea flour ...

- **US yellow pea flour is a low-cost, non-GMO, natural protein enhancer that can be added to a wide range of food products to boost nutrition**
- **US yellow pea flour can be added to drinks, breads, porridges, cereals, weaning foods, snack foods – you name it**
- **yellow pea flour must be pre-cooked in order to leave no after-taste**
- **pre-cooked yellow pea flour has no color, no odor, and is an excellent flavor carrier**

a word about yellow pea flour

- compared with 100% wheat flour, breads with additional pea flour provide a natural increase in protein, dietary fiber and folate
- small amounts of pea flour (baker's 5%) added to a normal wheat flour formula increases the dough's water absorption
- adding more water produces more dough and more dough means more bread



a word about yellow pea flour

- example: by adding 5% additional pre-cooked pea flour (50 kg) to 1,000 kg of wheat flour, a baker will get 110 kg more dough
- these 110 extra kilos of dough will produce an additional **220** 500-gram loaves from the same amount of wheat flour

you may import yellow dry peas and prepare the pre-cooked flour yourself OR you may import ready-made pre-cooked flour for immediate use in your food applications



USA Dry Pea & Lentil Council

www.pea-lentil.com

- to receive technical information on how to prepare pre-cooked yellow pea flour, or contact details for US suppliers of all types of dry peas, please email me:

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- please remember that US dry peas are a highly nutritious, low-cost food, grown in perfectly natural conditions. They are non-GMO, pure, clean and a powerhouse of good health and nutrition