



**LEGUMES**





**Black Eyed Beans**  
**GF004** 1kg x 12



9332518004753



**Cannellini Beans**  
**GF008** 1kg x 12



9332518004784



**Great Northern Beans**  
**GF007** 1kg x 12



9332518004715



**Red Kidney Beans**  
**GF009** 1kg x 12



9332518004791



**Green Lentils**  
**GF006** 1kg x 12



9332518004760



**Red Lentils - Turkish**  
**GF005** 1kg x 12



9332518004647



**Large Old River Chickpeas**  
**GF002** 1kg x 12



9332518004722



**Broad Beans**  
**GF003** 1kg x 12



9332518004746



**Borlotti Beans**  
**GF001** 1kg x 12



9332518004739



**Red Kidney Beans**  
**FTA02** 25kg x 1



**Great Northern Beans**  
**GRT.NTH.** 25kg x 1



Black-Eye Beans  
**BLACKEYE** 22.68kg x 1



Broad Beans (Bakla)  
**BROAD BEAN** 25kg x 1



Maize Grits Yellow - No Skin  
**CORNYELL** 25kg x 1



Popcorn  
**POPCORN** 25kg x 1



Popcorn  
**GF022** 1kg x 12



Split Red Lentils - Turkish  
**OZDE15** 25kg x 1



Green Lentils - Canadian  
**GLENTIL03** 25g x 1



Large Ord River Chickpeas  
**ORDRIVER02** 25kg x 1



Split Green Peas  
**PEAS01** 25kg x 1



Split Yellow Peas  
**PEAS02** 25kg x 1



White Kidney Beans  
**GF013** 25kg x 1



Borlotti Beans  
**ORDRIVER01** 25kg x 1



**Asurelik (Shelled) Wheat**  
**OZDE22** 25kg x 1



**Lima Beans**  
**LIMA** 25kg x 1



**Cranberry Beans**  
**CANADIAN01** 25kg x 1



**Cannellini beans** are perfect for salads as they have a thin skin and provide a nice nutty flavour. They are mild tasting legumes that are very versatile and can be used in bean salads, soups and mashes.

**Great Northern beans** are versatile and can be used in salads, stews, soups, ragouts and purees. They have a mild flavour when cooked.

**Cranberry beans** (also known as borlotti) have a mild chestnut-type flavour and can be boiled, added to soups or salted for a snack. Dried borlotti beans can be soaked overnight, then simmer for 30 minutes with stock, water, vegetables or meats.

**Broad beans** (also known as fava or faba beans) have a strong flavour and make an ideal vegetable side dish when boiled, or breakfast dish when cooked in sauce. They can also be wok fried to make them crunchy or blended into a spicy dip. They are one of the ancient crops of civilization and are high in protein and contain antioxidants, vitamins and minerals.

**Lima beans** are also called "butter beans" because they have a buttery texture and can be added to lots of different recipes, such as soups, stews and other bean dishes, or blended into a spicy dip. Boil them for 2 minutes, then stand for 2 hours, or soak the beans in water for 8 hours.

**Lentils** are a useful, versatile addition to many meals, including soups, salads, curries, stews, casseroles, kofte and other recipes. Lentils have a high protein content as well as being a great source of vitamins, minerals, folate and dietary fibre.

