



# SPEC LENTIL

(LENS ESCULENTA)

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# Lentil

Lentil is one of the most important legumes in the world. Biggest producers are Canada and India, with Europe only producing < 4% of lentils.

The lens is an annual herb of the Fabaceae family, which is grown for its seeds. The cultivated species is descended from the subspecies *Lens culinaris* ssp. *orientalis*. It has a rising but not climbing growth. There is a great diversity of varieties, all of which are protein rich and gluten-free.

Lentils are one of the pillars of Indian and Middle Eastern cuisine. Lens, depending on the variety, will be 15-75 cm high, has white to light purple flowers, and with small, flat pods containing 1-2 seed.

Lens is native to the Middle East and Central Asia, where the subspecies *Lens culinaris* ssp. *orientalis* is found wild in nature. Lentil can benefit highly from intercropping.



## Technical specs

Seed weight, mg	Seed colour	Flower colour	Growth duration, days
35	Green, Yellow, Orange, Red, Black	White	100-120

- **Brown:** Most common, with an earthy flavor, hold their shape well during cooking and are great in stews.
- **Puy:** These come from the French region Le Puy. They're similar in color but much smaller and have a peppery taste.
- **Green:** Cheaper alternative to Puy lentils in recipes.
- **Yellow and red:** These lentils are split and cook quickly, perfect for dal with a sweet and nutty flavor.
- **Beluga:** Black lentils looking like caviar, used for warm dishes

## Nutritional value

Lentils have a protein content of 25-28%. Rich in minerals, protein, and fiber. The amino acid composition of the proteins is beneficial for human nutrition.



## Cultivation instruction

Climate zone	Europe (n to s), Asia, Africa, South America
Establishment	Clean soil, light and heavy
Sowing date	April
Sowing depth	4-6 cm
Row spacing	25-50 cm
Sowing rate	25 kg/ha
Plant density	120-150 plants/m <sup>2</sup>
Weed control	Mechanical or chemical
Fertilizer	30 kg P
Diseases and pests	Ascochyta blight and Antracnose and mildew. Pest is aphids.
Harvest	Direct combining
Harvest time	Mid August
Yield	1-3 t/ha

## Crop rotation

Like other legumes, lentils will be a good alternating crop in a grain-rich crop rotation. To avoid diseases, a minimum of 3 years must be between two lentil crops or between lentils and faba beans. If lentil follows rape, there is a risk of Sclerotinia. The best yield is obtained on a soil with pH 6-6.5. If the soil nitrogen content is too high, the lens crop will set too many leaves in relation to flowers. In addition, the Rhizobium bacteria are inhibited by high nitrogen content.

## Intercropping

Intercropping has two clear benefits: A reduced weed pressure and an easier harvest. Lentil can be intercropped with cereals such as oat, or camelina, providing support to the lentils.

# USES

Lentils does not contain any antinutrients, which makes them feasible for a range of products like soup, vegetarian pates, humus etc.



New uses may be in bread and in infant food. The demand for lentils is expected to increase due to its excellent properties as food ingredient.

Lentils  
are mainly  
grown for  
human  
consumption  
due to their  
good taste  
and  
nutritional  
value.

Jacobsen, S-E. 2020.  
Lentil spec. From  
[www.quinoaquality.com](http://www.quinoaquality.com), 5 p.

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