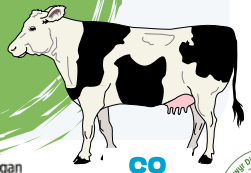
Fava beans are dried beans of the same species as broad beans.

Fava beans are light in colour and split in half.

Split fava beans

In the past, fava beans were eaten as porridge or made into bread.

These days they are more typically used to feed animals.



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We import 3.2 million tonnes of soy in the UK every year.

Soy beans have become the most widely grown legume across the globe.

Soy beans

Soy beans are cream in colour.

Soy beans are highly nutritious and have similar protein levels to pork.

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Flamingo peas are an amazing new variety, grown in the UK since 2021.

Pink peas make superb hummus.

Pink flamingo peas

The inside of the pea is actually orange. This shines through the see-through white skin to create a pale pink colour.

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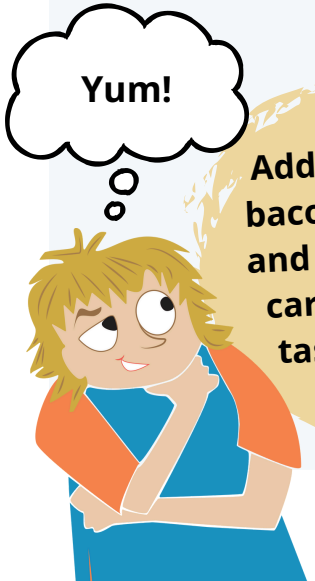
Carlin peas

Carlin peas have a nutty flavour and a texture like chickpeas.

To make carlins, the dried peas are soaked overnight, rinsed, boiled, then fried in butter and seasoned with pepper.



Add chopped bacon, onions and vinegar to carlins for a tasty treat.

Carlin Sunday is celebrated in Scotland and Northern England a few weeks before Easter with entertainment and a feast of 'carlins'.

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Marrowfat peas are green, mature peas that have dried out naturally in the field, rather than being picked when young, like garden peas.

They are used to make mushy peas.

Marrowfat peas

The best marrowfat peas are exported from the UK to the Far East to make the popular snack food, wasabi peas.

Marrowfat peas were introduced to the UK from Japan in the early 1900s. The latter part of their name comes from their plump size.

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