

CHRISTIE & CO

FROM DREAM TO MAINSTREAM

PRESS RELEASE

FOR IMMEDIATE RELEASE

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Columbia Grain™

CULTIVATING GROWTH™

Lentils Can Add Years to Our Lives - Columbia Grain International is Fulfilling Consumer Demand as the Largest Lentil Handler in the U.S.

The heightened demand for plant-based protein continues to put lentils in the spotlight, spurred by their health benefits and affordability.

PORTLAND, OR (JANUARY 2023) — As a global leader in the origination, processing, logistics, and distribution of high-quality pulses and edible beans for U.S. domestic and worldwide export markets, [Columbia Grain International \(CGI\)](#) understands the role legumes and pulses play in sustainable food systems and feeding the world. CGI is the largest lentil handler in the US and is an expert on the importance of lentils in a farmer's crop portfolio, for the sustainability of the planet and to increase lifespan. According to a recent article in *yahoo!life*, "eating lentils could add 10 years to your life, scientists say." Ditching red and processed meats and swapping them for lentils has tremendous health benefits.¹



The article highlights: "If at the age of 20 we chose a diet full of nuts, pulses and grains, then we could expect to live 10 years longer than if we stuck to a typical Western diet, which contains hardly any legumes, too little fruit and vegetables, and too much dairy and sugar."

Lentils have been shown to boost energy levels, promote intestinal regularity, support weight loss, regulate blood sugar levels, promote healthy pregnancy and prevent cancer.² Legions of consumers are looking for health-conscious diet options, and for farmers, adding lentils to their crop rotations not only fulfills a growing demand, but improves soil health, reduces greenhouse gas emissions, and stores more carbon in the soil than most other plants — up to 30% more.

¹ Yahoo!life: Eating Lentils Could Add 10 Years to Your Life, Scientists Say, January 2023

² [11 Amazing Health Benefits of Lentils - Natural Food Series, Natural Food Series](#)



Columbia Grain's [Balanced Bushel](#) line of beans and pulses features protein-rich lentils. Balanced Bushel will be available for purchase on Amazon in March 2023.

“From our people that work in the processing facilities cleaning, bagging, and loading nutritious lentils to the buyers who build the relationships with the farmers to make CGI the largest handler of lentils in the United States, we thank you. Kudos to the elevator clerks that pay the farmers and keep smiles on their faces, and a big nod to the transportation and execution department personnel who coordinate the delivery of these life extending gems. A pat on the back to traders who travel, search out and cultivate CGI’s presence and brand with buyers around the world. It takes a big team from our country facilities to our executives at corporate headquarters to put the food on our tables that extends the life of millions.”— said CEO & President of Columbia Grain International, Jeff Van Pevenage.

About Columbia Grain International

Since 1978, Columbia Grain International™ (CGI) has been Cultivating Growth™ as a global leader in the origination, processing, logistics, and distribution of high-quality bulk grains, pulses, edible beans, oilseeds and organics for U.S. domestic and worldwide export markets. Headquartered in Portland, OR, CGI’s reliable supply chain spans the western region of the US, ensuring abundant ingredients for all of its partners, thanks to their trusted relationships with their farmers throughout the fertile croplands of Washington, Idaho, Montana and North Dakota, well known for its high-quality wheat, feed grains, canola and pulses. CGI is an owner of Montana Specialty Mills, who operates an organic and non-GMO oilseed crushing facility in Great Falls, Montana, a mustard seed facility in Conrad, Montana, and most recently Montana Craft Malt —providing specialty malt barley from Montana farmers to the craft brewing world. Today, they are vertically integrated, operating assets including grain elevators, processing plants and agronomy centers to support their farmers, which stretch the northern tier of the United States. With multiple touchpoints across the food supply chain, CGI provides trusted solutions and cultivates high-quality ingredients from their local farmers for a farm to table philosophy that nourishes the world, safely.

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