

SECTOR PROFILE AT A GLANCE

Fava Bean



Highlights

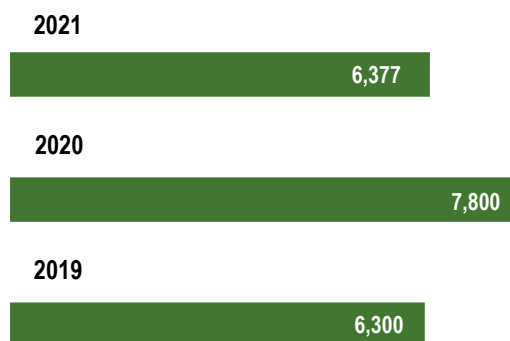
- Fava beans are known by several names, including fava and faba beans, broad beans and horse beans.
- Manitoba's seeded acreage of fava beans rose from 7,100 acres in 2019 to 9,500 acres in 2021.
- Fava beans are a high protein pulse ingredient used for human consumption and animal feed.
- For human consumption markets, fava beans are marketed as whole beans (raw or roasted), splits, flour or flakes.
- Manitoba grew more than nine per cent of Canada's total fava bean production in 2021. Saskatchewan produced 41 per cent, and Alberta produced 50 per cent.

Seeded Area (acres)



Source: Statistics Canada

Production (metric tonnes)



Source: Statistics Canada

- Due to a very wet spring in 2022 that delayed seeding, only about 500 acres were planted this year, as fava beans are a long season crop.

Pricing and Demand

- Fava beans are commonly grown on production contracts in Manitoba, which is similar for small acreage crops with limited market depth.
- For 2022, pricing is approximately \$12 per bushel, which is up significantly from an average of \$9 per bushel for the prior three years (2019-2021).
- Fava beans grow well in Manitoba but require greater demand to expand acreage.



Processing

- Fava beans are used whole, milled into flour, and further processed into fractions such as protein for human consumption and livestock feed. They are commonly used in sauces, falafel, plant-based (meat and poultry analogues, cheese and beverages), and roasted snacks.
- Fava beans are considered a healthy food due to high protein and fibre contents, lack of cholesterol and saturated fats, and the presence of iron, folate and manganese.
- Combined with a neutral flavour and pleasing texture attributes, fava beans are a versatile ingredient in many food products.
- The high protein combined with low oil content makes fava beans an excellent protein feed source for hogs, dairy and beef cattle, lamb and poultry.
- Prairie Fava is a Manitoba company that processes and markets prairie-grown fava beans for the human consumption markets as flour, splits and whole beans. Their proprietary seed is low in anti-nutrients and suitable for food use.

Marketing

- Although fava beans have traditionally been consumed in Middle Eastern and Mediterranean markets, fava bean as an ingredient is becoming popular to enhance protein and maintain an appealing texture and neutral flavor.
- In 2019 and 2020, Manitoba exported \$10.6 million and \$6.2 million worth of fava beans.
- For livestock feed, fava bean prices tend to track the price of feed peas closely, while human consumption fava bean prices are somewhat higher.

DID YOU KNOW?

- **Fava beans are a cool season crop that prefers abundant moisture, so they perform well in several regions of Manitoba.**
- **Fava beans require a long growing season and the seedlings can withstand light frost so they are planted early in the season.**
- **Fava beans have the best nitrogen fixing capability of Manitoba's pulse crops, greatly reducing the need for nitrogen fertilizer.**
- **Fava beans contain 28 per cent protein compared to 24 percent for dry peas.**
- **Manitoba Pulse and Soybean Growers represents fava bean farmers in Manitoba with a focus on research, knowledge sharing, and market development.**

Updated October 2022

Contact us

- Go to manitoba.ca/agriculture and click on Markets and Statistics
- Email us at industryintelligence@gov.mb.ca
- Follow us on Twitter @MBGovAg

