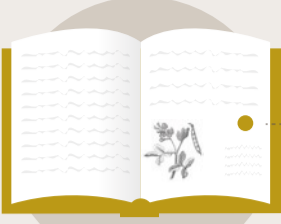



1 Etymology




Pulse
The word pulse originates directly from the Latin *puls* meaning "thick gruel, porridge, mush."

2 Pulses vs. Legumes





Legume
refers to the plants whose fruit is enclosed in a pod.



Pulses
a subgroup of the legume family; refers only to the dried seed.

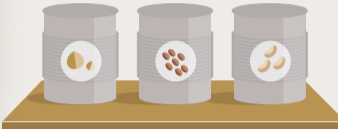
3 Crops of ancient origin

Pulses have been an essential part of the human diet for centuries.





The agricultural production of **beans, chickpeas & lentils** dates back to 7000 - 8000 B.C.

4 Versatile ingredient with long shelf life




Pulses can be stored for months without losing their high nutritional value, providing increased food availability between harvests.



A key ingredient in many national and regional dishes such as:

- Baked beans
- Chilli
- Daal
- Falafel

5 Part of the vital web of biodiversity



Intercropping with pulses increases farm biodiversity and creates a more diverse landscape for animals and insects.

6 Foster sustainable agriculture and soil protection



The **nitrogen-fixing** properties of pulses can improve soil fertility, which improves and extends the productivity of farmland.

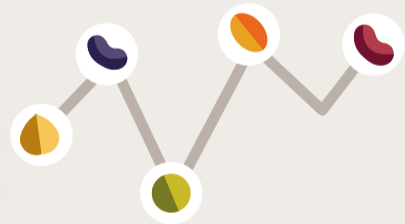
Surprising facts about
Pulses
you might not know

7 Highly water efficient

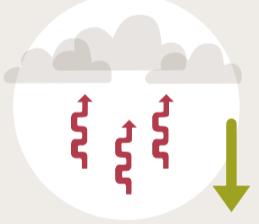
Water efficiency of pulses compared to other protein sources:

1 kg Lentils	1 kg Chicken	1 kg Mutton	1 kg Beef
1 250 litres	4 325 litres	5 520 litres	13 000 litres

8 Unexpected ally against climate change




Pulses species have a **broad genetic diversity** from which climate resilient varieties can be selected.




By producing a smaller carbon footprint pulses indirectly reduce greenhouse gas emissions.


9 Economically accessible and multipurpose



Farmers who cultivate pulses have the option to both eat and/or sell their harvest.



Pigeon peas & Bambara beans Can be cultivated in very poor soils and semi-arid environments.



Crop residues from grain legumes can also be used as **animal fodder**.

10 A powerful superfood



- Zero cholesterol
- High content of iron and zinc
- Rich in nutrients
- Gluten free
- Source of protein
- Low glycaemic index
- Low fat content
- Source of dietary fibre
- Rich in minerals and B-vitamins