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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**.

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

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**.

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

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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

Rich in minerals and B-vitamins

Source of dietary fibre

Surprising facts about

Pulses

you might not know