Pulses: Nutritious Seeds for a Sustainable Future

1. **They have a long shelf life**
   - When stored in airtight containers, pulses can last months, even years, without spoiling.

2. **Are good for you!**
   - Pulses are high in dietary fiber that can help prevent obesity, reduce blood pressure and reduce the risk of heart disease.

3. **Good news for poor farmers**
   - Pulses have many advantages that make them particularly useful in times of poor harvest or natural disasters. Pulses can provide a buffer for farmers.

4. **Help other crops to grow**
   - Crops planted alongside pulses reap the benefits and grow faster. Pulses are also deep rooting, which means they do not compete with other crops for water.

5. **Cost less to grow**
   - Pulses require a substantial cost savings for the farmer as they don't have to buy nitrogen fertilizers.

6. **'Clean crops: do not emit greenhouse gases**
   - Pulses have been shown to emit hardly any greenhouse gases (lentils emit 0.9%).

7. **Help fertilize soil**
   - Pulses help nitrogen accumulate in the soil. They also release hydrogen gas into the soil, which has a positive impact on soil biology.

8. **Pulses = Zero Waste**
   - Every part of the pulse can be used: the pods can feed people, the shoots used for animal feed or left on the soil as green manure.

9. **Need less water to grow**
   - Pulses need 20 times less water than animal products to grow.