



Europe

Dried peas and broad beans are the most produced pulses in Europe.

Lentils, chickpeas and beans are used in cooking from from Norway to Cyprus, from Portugal to Russia, and in the outermost regions such as the Canary Islands and the Azores.

In the 16th and 17th centuries, European chickpeas were introduced to America while some types of beans grown in Europe travelled as far as Asia.



Spanish chef Abraham García buying pulses in Madrid. // Varieties of pulses on display in the market de la Paz (Madrid, Spain).



Recipe by chef Abraham García

Pulses

NUTRITIOUS SEEDS
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2016
INTERNATIONAL
YEAR OF PULSES