

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

N₂

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