

## 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.

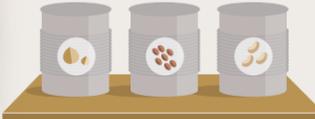
## 3 Crops of ancient origin

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.



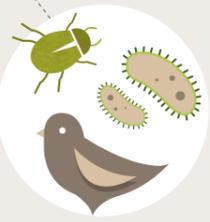
**A key ingredient** in many national and regional dishes such as:

- 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

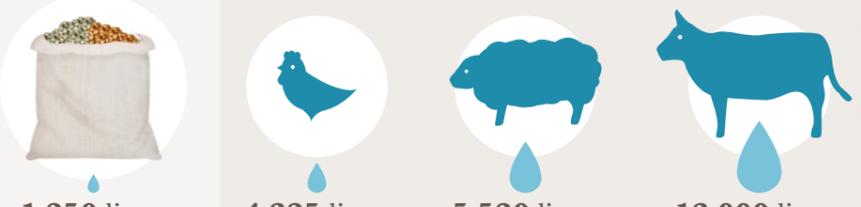
# Pulses

you might not know

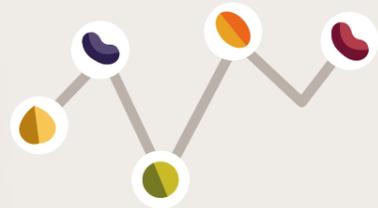
## 7 Highly water efficient

**Water efficiency of pulses compared to other protein sources:**

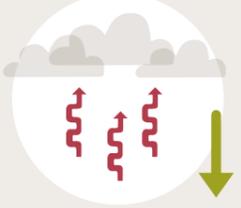
1 kg Lentils	1 kg Chicken	1 kg Mutton	1 kg Beef
1 250 litres	4 325 litres	5 520 litres	13 000 litres



## 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.

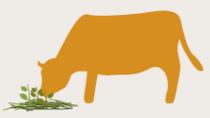
## 9 Economically accessible and multipurpose



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