Water efficiency of pulses compared to other protein sources:

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

Pulses have been an essential part of the human diet for centuries.

The agricultural production of beans, chickpeas, and lentils dates back to 7000 - 8000 B.C.

Intercropping with pulses increases farm biodiversity and creates a more diverse landscape for animals and insects.

Pulses can be stored for months without losing their high nutritional value, providing increased food availability between harvests.

The nitrogen-fixing properties of pulses can improve soil fertility, which improves and extends the productivity of farmland.

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.

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.

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Legumes refer to the plants whose fruit is enclosed in a pod.

Pulses are a subgroup of the legume family; refers only to the dried seed.

A key ingredient in many national and regional dishes such as:
- Baked beans
- Daal
- Chilli
- Falafel

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