

International Year of Pulses!

with Seed the Commons

List of pulses

(Non-exhaustive):

Pulses are grown in virtually every corner of the world, and consumed widely in India, Mesoamerica and Northern Africa. Yummy pulse-based dishes include:

Tagines
Baked Beans
Black Bean Soup
Falafel
Refried Beans
Ash Reshteh
Besan Chilla
Pakora
White Bean Hummus
Split Pea Soup
Nockodchi
Anko
Pozole
Red Bean Pudding
... and so many more!

Chickpeas
(or garbanzo beans)
Lentils
Lima beans
Mung beans
Kidney beans
Pinto beans
Black-eyed peas
Broad (or Fava) beans
Vetch
Lupins
Black grams
Hyacinth beans
Winged beans
Yam beans
Adzuki beans
Scarlet runner beans
Bengal grams
Pigeon peas

Pulses are not only yummy and good for the environment, but also extremely healthy! They are high in **iron, zinc, fiber** and other nutrients. They are also **low in fat** and **free of saturated fats!**

Perhaps most importantly from the nutritional perspective, pulses are a great source of **plant-based protein**, ensuring that human animals who eat them regularly get the protein they need without exploiting nonhuman animals!

How Pulses Can Help Save Our Planet:

- Pulses require only a fraction of the water and land surface to produce that animal protein requires.
- Introduction of pulses into crop rotations actively helps fix nitrogen in the soil, which means less fertilizer (if any) is needed. This, in turn, cuts down on human production of nitrous oxide, a greenhouse gas!
- Pulse use in crop rotation and *conservation tillage* work hand in hand to maintain consistent ground cover and, over time, conservation tillage increases the rate at which pulses fix nitrogen! So pulses not only play their own role in healing the planet but also help other methods to be more effective than they would be on their own.
- Pulses are crucial to increasing productivity (crop yield) on existing farmland and avoiding crop expansion.

More information: <http://www.fao.org/pulses-2016/en/>