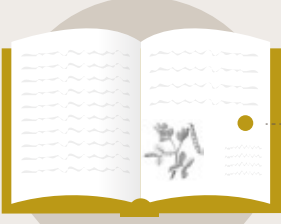



### 1 Etymology




**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.

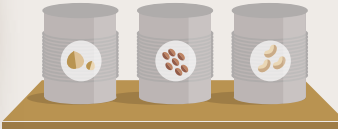
### 3 Crops of ancient origin

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.



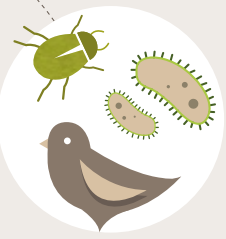
**A key ingredient** in many national and regional dishes such as:

- 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.



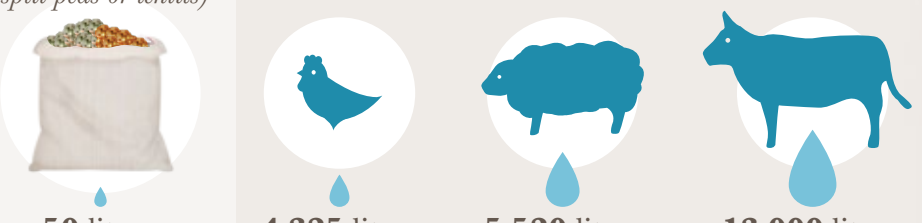
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Surprising facts about  
**Pulses**  
you might not know

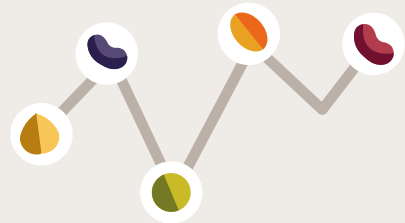
### 7 Highly water efficient

Water efficiency of pulses compared to other protein sources:

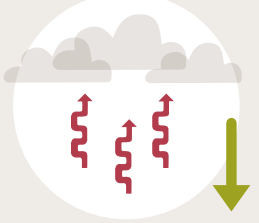
1 kg Daal (split peas or lentils)	1 kg Chicken	1 kg Mutton	1 kg Beef
50 litres	4 325 litres	5 520 litres	13 000 litres



### 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
- Rich in minerals and B-vitamins