

From Producer to the World™



AGTTM
FOODS

WHAT ARE PULSES?

- **Pulses** are the edible seeds of *legumes*, a family of crops that have been cultivated for more than 5,000 years. The word “pulse” is derived from the Latin word *puls*, which means “thick soup”, which was the most common way that pulses were eaten at that time—and is still delicious today!
- The most commonly-grown pulses include **lentils**, **peas**, **chickpeas** (aka garbanzo beans) and **beans**, with dozens of varieties of each type. Chances are, you have pulses in your pantry already!
- Pulses are an important source of protein, especially in developing countries. Pulses currently provide about 10% of the total dietary protein consumed in the world, with that number expected to increase as pulses production rises worldwide.
- Pulses are very high in protein, low in fat, have a low glycemic index and are an excellent source of both soluble and insoluble fibre, complex carbohydrates, vitamins (especially B vitamins) and minerals such as iron, zinc and potassium.



Lentils planted in rows.



Various types of pulses at market.

LENTILS

Top Growers

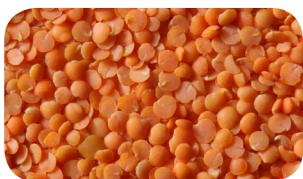


- One of the first crops ever domesticated, **lentils** are a nutritious food legume that is one of the primary sources of protein for much of the world today.
- The word “lentil” is derived from the Latin word *lens*, which describes the seed’s lens- or eye-like shape.
- Lentils are grown for their seeds, which are typically canned or packaged for retail sale in whole or split form. Lentils are also used to make flours.
- Lentils are commonly used in soups, stews, salads, casseroles, snack food and vegetarian dishes.

Fun Fact: Because of their coin-like shape, it’s tradition in Italy to eat lots of lentils on New Year’s Eve to help bring prosperity in the new year. There’s a variety of tiny lentils grown just for this day so you can eat more!



Red Lentils



Red Split Lentils



Green Lentils



French Green Lentils



Yellow Football Lentils

PEAS

Top Growers



- **Peas** are versatile crops cultivated for their fresh green seeds, tender green pods, dried seeds, and foliage.
- The pea dates back to the Neolithic era, where it was grown in the area of modern-day Syria, Turkey and Jordan. Today, peas are the predominant export crop in world trade, representing an estimated 40% of the total trade in pulses worldwide.
- Dried peas are typically sold in canned or dry-pack form and are commonly enjoyed in soups, curries and roasted as snack foods.

Fun Fact: Gregor Mendel's observations of pea pods and how they grow and change over generations led to the foundation of modern genetics.



Green Peas



Green Split Peas



Yellow Peas



Yellow Split Peas



Marrowfat Peas

CHICKPEAS

Top Growers



- **Chickpeas**, also known as garbanzo beans, are high-protein pulses that are vital to food security worldwide.
- The oldest records of the cultivated chickpea are from Turkey, where it was first grown approximately 7,500 years ago.
- Chickpeas are by far the most common pulse in India, where they have been a staple of Indian cuisine for millennia.
- Chickpeas are enjoyed whole, split (or *dal*), ground into flour (*besan*) and in traditional dips such as hummus.

Fun Fact: Hummus has exploded in popularity in the past decade, with sales of popular brands in the U.S. increasing 360% from 2007 to 2014.



Kabuli Chickpeas



B90 Chickpeas



Desi Chickpeas



Chana Dal



Chickpea Flour

BEANS

Top Growers

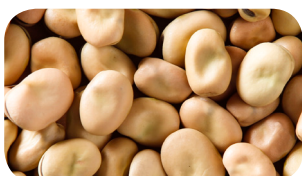


- Dry **beans** are the most varied classification of pulses, with dozens of varieties commercially available today, including white, black, kidney, speckled, broad and faba beans.
- Beans are a truly worldwide food: many varieties of beans consumed today were originally grown in the New World before European contact, while others have grown in Europe, Africa and Asia for thousands of years. Today, all beans are enjoyed as staple foods worldwide.

Fun Fact: Cultivated beans are older than the invention of ceramics. Broad beans were grown in Thailand as early as the 7th millennium BCE.



Black Beans



Faba Beans



Red Kidney Beans



Navy Beans



Pinto Beans