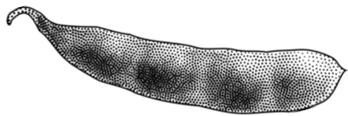


Enjoy Some Pulses Today: *Dried Beans, Peas and Lentils*

Pulses vs. Legumes

Legume refers to plants whose fruit is enclosed in a pod, including plants that we eat immature (fresh) like green beans or green peas.

Pulses are a subgroup of the legume family - pulses refer only to the dried seed like dried beans, peas and lentils.



About the Plant

Pulses are annual crops (seeds planted every year). After pollination, the flowers of the plant swell into the pods. The pulses are the seeds within the pods. The seeds dry naturally in the field before harvesting.



The United Nations recognizes the *International Year of the Pulses*:

- Nutritious benefits to individuals
- Essential part of the human diet for centuries
- Economically accessible and multipurpose
- Part of the vital web of diversity
- Foster sustainable agriculture and soil protection

Dry Bean Production in the USA

The leading varieties grown 2006-08:

Pinto	42%
Navy (pea)	17%
Black	11%
Great Northern	5%
Garbanzo (chickpea)	5%
Other*	20%

*Other varieties include light and dark red kidney, large and baby lima, pink, small red, cranberry and blackeye (cowpeas). Specialized varieties include: yellow eye, fava (horse or broad beans), mung, adzuki, appaloosa, Christmas lima, anasazi, and blackgram beans (important in India).

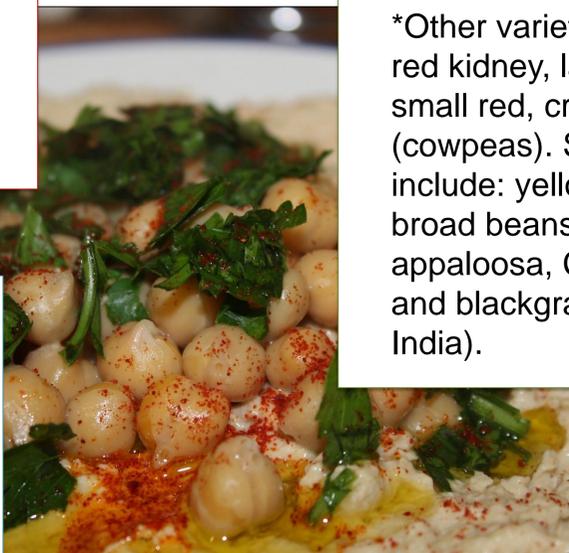
Preparing Dried Pulses to Eat

Dried beans can be very economical and easy to make. Not all pulses need soaked before cooking – this is one advantage of lentils and split peas.

All dried *beans* need to be prepared by (1) rinsing, (2) soaking and (3) cooking. Although this sounds like a lot of steps, it is not difficult.

Canned Beans:

Canned beans are a fast and convenient way to add pulses to many recipes. When using canned beans, drain in a colander and rinse with water to remove excess salt. Use onion, garlic, peppers and herbs to give great flavor without adding extra sodium.



Pulses Are A Healthy Option to Eat:

- Rich in nutrients
- Source of protein
- Potassium and Iron for healthy muscles
- Folate for healthy blood
- Fiber for healthy digestion
- Zero cholesterol
- Gluten free
- Low fat

As part of a healthy diet and lifestyle, pulses can help control and combat obesity, may help improve blood cholesterol, and prevent and manage chronic diseases such as diabetes and cancer.

RESOURCES: South Dakota Harvest of the Month, Food and Agricultural Organization of the United Nations, United States Department of Agriculture Economic Research Service, US Dried Pea and Lentil Council, The Bold and Beautiful Book of Beans



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COLLEGE OF FOOD, AGRICULTURAL,
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