cook
Discover pulse-based recipes for old and new favorites. Start at VegWeb.com or VegKitchen.com and search for lentils, peas, beans, or chickpeas.

grow
Legumes in your garden are easy to grow and help fix nitrogen in the soil. Try heirloom seeds to discover colors and flavors beyond what you can find in the grocery store!

love
Join people all over the world to promote pulses as a solution to hunger and climate change. Visit pulses.org to learn more.

This information was brought to you by VINE, an LGBTQ-led farmed animal sanctuary.

protein-packed plants!

the POWER of PULSES
Beans, peas, lentils, chickpeas, and other dry edible seeds of plants in the legume family are called "pulses."

Everybody! Pulses are grown and eaten in every region of the world and are the basis of many widely loved dishes such as hummus, daal, and split pea soup.

Tasty and good for you, pulses provide protein, fiber, iron, and B vitamins for as little as 10 cents per serving. They’re easy to cook too!

Frost-hardy and drought-tolerant, pulses enrich rather than deplete soil.

From the spiciest Indian curry to the most subtle French lentil soup, colorful lentils complement the flavors of the world. Taste the rainbow!

PRO TIP: Red lentils can be cooked down to make a cream-style pasta sauce.

From familiar dishes like three bean salad to exotic confections made with aquafaba (the water from canned chickpeas) garbanzos make it easy to fill your belly without breaking the bank.

PRO TIP: Chickpea salad makes a tasty and humane substitute for egg salad.

From black bean based Mexican dishes like burritos and enchiladas to Italian white bean soup, beans can lead you on an international tour of tastes!

PRO TIP: Inexpensive bags of dried beans are available even in grocery stores without a bulk section. Soak them overnight before cooking or use a pressure cooker.

From burgers to hummus, many familiar dishes can be made new and delicious with inexpensive green or yellow split peas.

PRO TIP: Split peas don't need to be soaked. Toss them into a pot or cooker along with rice and spices for a fast and easy entree.

pulses for the planet

INCREASE SOIL FERTILITY
REDUCE WATER WASTE
DECREASE FERTILIZER USAGE
MORE PROTEIN PER ACRE THAN MEAT
ENHANCE CROP DIVERSITY
LOW CARBON FOOTPRINT