



European Commission

# EU LEGUMES BENEFIT PEOPLE AND THE PLANET

## MAIN PRODUCERS IN THE EU

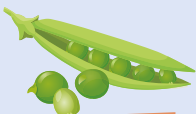
<b>SPAIN</b> Dry peas: 268 700 tonnes Chickpeas: 75 900 tonnes Lentils: 42 500 tonnes	<b>ITALY</b> Soya beans: 1 186 400 tonnes Chickpeas: 47 500 tonnes
<b>LITHUANIA</b> Dry peas: 213 700 tonnes Broad beans: 149 700 tonnes	<b>FRANCE</b> Dry peas: 590 200 tonnes Soya beans: 398 500 tonnes Lentils: 16 400 tonnes
<b>GERMANY</b> Broad beans: 160 800 tonnes	<b>ROMANIA</b> Soya beans: 492 700 tonnes
<b>BULGARIA</b> Chickpeas: 58 400 tonnes	<b>UK</b> Broad beans: 425 400 tonnes
<b>GREECE</b> Lentils : 9 700 tonnes	Source : DG Agri, 2018 figures

The most common legumes in the EU are pulses (like beans, peas, lentils and chickpeas) and soya beans. They have positive effects on the environment and are a great source of protein, vitamins and minerals. EU legumes production increased by 70% over the last 5 years – and have great potential for growth based on new consumer trends.

## EU PRODUCTION

MAIN LEGUMES USED FOR FOOD

### PULSES



**Dry peas**

2 million tonnes



**Broad beans**

1.4 million tonnes

### OTHER LEGUMES



**Soya beans**

2.8 million tonnes



**Lentils**

76 000 tonnes



**Chickpeas**

192 000 tonnes



**Other beans**

944 000 tonnes

Close to 40 EU pulses have their unique characteristics linked to their geographical origin recognised by:

**DID YOU KNOW?**



Protected Designations of Origin  
Protected Geographical Indications

They come from 8 different member states, for example: French Le Puy green lentils, Spanish Arnuña lentils, or

Greek Fava Santorinis



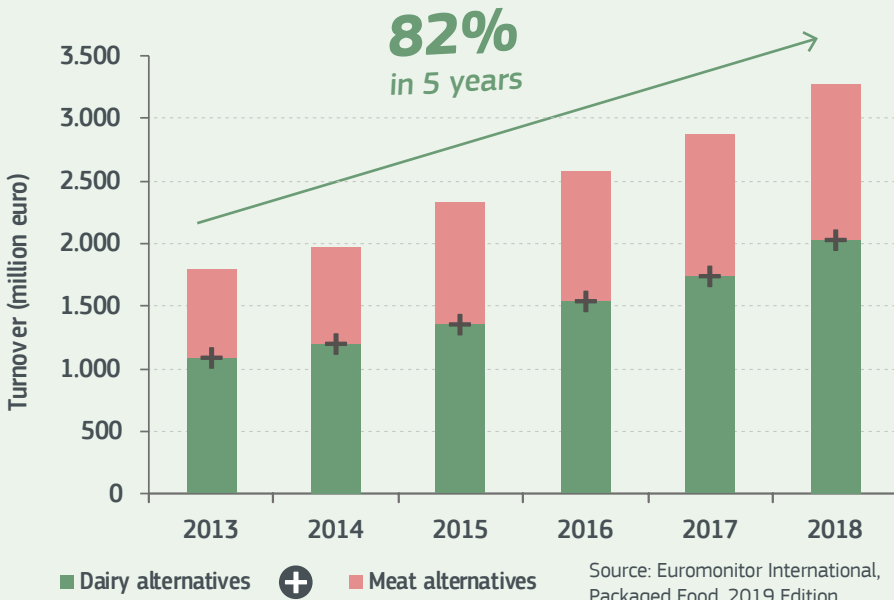
Agriculture and Rural Development

# MARKET OPPORTUNITIES FOR EU FARMERS

Legumes produced for food consumption usually offer EU farmers higher profit margins.

Driven by health, climate change, natural resources and animal welfare concerns, an increasing number of consumers eat more plant-based protein sources. This trend offers new market opportunities for EU plant proteins and is the main driver behind the dynamic development of the markets for meat and dairy alternatives, while still being small in size.

The meat and dairy alternatives markets have grown by:



**DID YOU KNOW?**

Legumes are high in proteins, anti-oxidants and iron. They contribute to a balanced and sustainable diet.



## ENVIRONMENTAL BENEFITS



**Low carbon footprint:** Greenhouse gas emissions from agriculture come in large part from nitrogen fertilisers. Since legumes are a nitrogen-fixing crop, they only require small amount of fertiliser to grow.



**Good for biodiversity:** they benefit bees as their flowering season is different to most arable crops. In addition, they are a refuge for other wildlife.



**Good for the soil:** thanks to the different organic material they produce while growing, legumes feed micro-organisms in the ground, benefiting soil health. Once harvested, they leave extra nutrients for the next crop to be grown on the same soil.



**Compared to many other sources of protein,** legumes need less water and can grow in various conditions in the EU, including wet or dry, hot or cold.

