

EU LEGUMES BENEFIT PEOPLE AND THE PLANET

MAIN PRODUCERS IN THE EU

SPAIN
Dry peas: 173 500 tonnes
Chickpeas: 47 700 tonnes
Lentils: 44 800 tonnes

LITHUANIA :
Dry peas: 158 000 tonnes
Broad beans: 56 500 tonnes

GERMANY
Broad beans:
49 100 tonnes

BULGARIA
Chickpeas:
14 100 tonnes

ITALY
Soya beans: 1 001 200 tonnes
Chickpeas: 36 100 tonnes
Broad beans: 67 400 tonnes

FRANCE
Dry peas: 715 800 tonnes
Soya beans: 390 000 tonnes
Lentils: 52 900 tonnes (* 2018 figure)

ROMANIA
Soya beans:
370 000 tonnes

GREECE:
Lentils : 11 600 tonnes
(* 2018 figure)

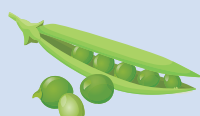
Source : DG Agri, 2018 figures

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

1.1 million
tonnes



Lentils

105 000
tonnes



Chickpeas

166 000
tonnes

OTHER LEGUMES



Soya beans

2.6 million
tonnes



Other beans

643 000
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

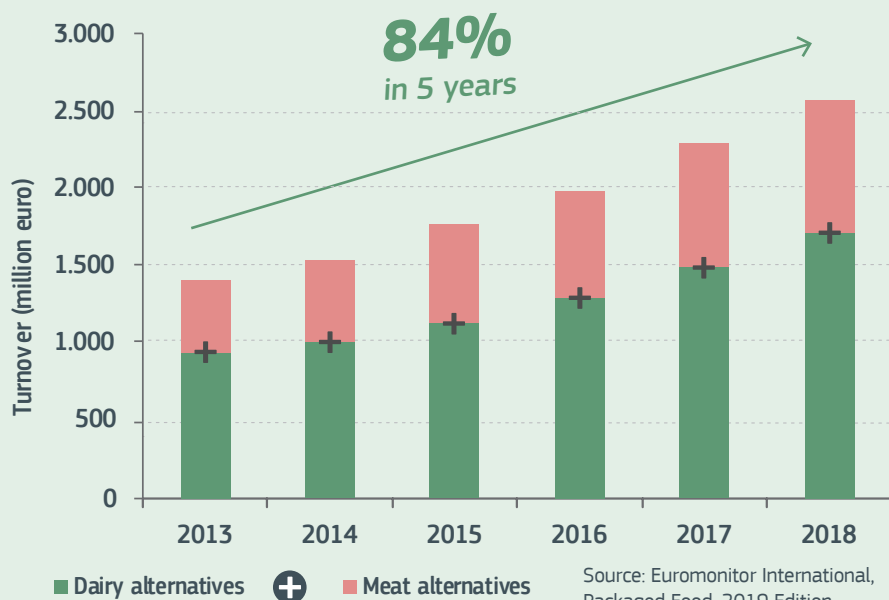


MARKET OPPORTUNITIES FOR EU FARMERS

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-oxydants 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.



Agriculture
and Rural
Development