

USES OF PULSES

Crop	Economic Importance	Uses/Value Added Products
Chickpea (Gram)	<ul style="list-style-type: none"> Rich in protein, essential amino acids, enrich the soil through symbiotic nitrogen fixation from atmosphere. Used for human consumption as well as for feeding to animals. 	<ul style="list-style-type: none"> Chickpea Flour/Dal, Savoury products, Sweets, Biscuits/Nankhatai, Soups/Curry, Salad, Sprouted gram, Puffed chana , Stew etc.
Pigeonpea (Tur)	<ul style="list-style-type: none"> Suitable for rainfed conditions Rich in iron, iodine, essential amino acids like lycine, tyrocene, cystine and arginine. 	<ul style="list-style-type: none"> Mainly consumed in split form as ‘dal’. Seed layer along with the kernel part provides a valuable feed to milch cattle. Pods husk, leaves constitute a valuable cattle fodder. Dry stick- fuel, thatches, storage bins (baskets) making etc
Mungbean	<ul style="list-style-type: none"> Excellent source of high quality protein (25%) having high digestibility. Good source of Riboflavin, Thiamine and Vitamin C (Ascorbic acid). Preventing soil erosion. Being a short duration crop, it fits well in many intensive crop rotations. 	<ul style="list-style-type: none"> Consumed as whole grains, sprouted form as well as dal in a variety of ways. Savoury products, Sweets , Khichdi, Weaning food, Sprouts. The husk of the seed can be soaked in water and used as cattle feed. Mungbean is also used as green manure crop.
Urdbean	<ul style="list-style-type: none"> Grown in all the 3 seasons such as kharif, rabi and summer and throughout India. Being deep rooted crop, helps in binding soil particles and thus prevents soil erosion. It fixes atmospheric N and improves fertility of soil. 	<ul style="list-style-type: none"> It is consumed in the form of dal (whole/split/husked/unhusked/parched). It is the chief constituent of papad and also of spiced balls – make a curry. Savoury Products, Sweets, Idli, Vada, Dosa. Used as a nutritive fodder specially for milch cattle, Green manuring crop. Urd grain contains 24% protein, 60% Carbohydrate, 1.3% fat and is the richest source of phosphoric acid among pulses (5-6% richer than others)
Lentil	<ul style="list-style-type: none"> Lentils are considered to remedy constipation and different intestinal afflictions. Seeds are also rich in protein, fibre, iron, calcium etc. 	<ul style="list-style-type: none"> Mainly consumed in whole/ decorticated/ split form as ‘dal’. Dry leaves, husks, stems, broken pods are used as valuable cattle feed. Flour is used to make snacks, soups, stews, purees, and mixed with cereals to make bread and cakes; and as a food for infants.
Fieldpea	<ul style="list-style-type: none"> Pea is the third most popular rabi pulse of India after chickpea and lentil. It provides a variety of vegetarian diet hence liked throughout the world. 	<ul style="list-style-type: none"> Whole or split into dal. Grown as a forage crop for cattle and cover crop to prevent soil erosion but mainly for matured seed for human consumption.
Mothbean	<ul style="list-style-type: none"> This crop is rated as most economic and useful annual grain legume. 	<ul style="list-style-type: none"> Consumed as whole grains, sprouted form as well as dal in a variety of ways. Green pods are delicious source of vegetables Savoury products- Papad, Bhujia, Namkeen, Sprouts. Used as a source of food, feed, fodder, green manuring and green pasture.

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Lathyrus (Khesari)	<ul style="list-style-type: none"> The crop has unique tolerance ability against stress environmental conditions not only drought but also for water logging. Lathyrus leaves about 36-48 kg/ha nitrogen economy for the succeeding cereal. 	<ul style="list-style-type: none"> Consumed as whole grains, as well as dal. Green pods are delicious source of vegetables. Used as a source of food, feed, fodder. It contains 34% protein and other essential micro-nutrients and may provide nutritional security to the low income people in the society.
Rajmash	<ul style="list-style-type: none"> Rajmash, an important pulse crop, with high yielding ability as compared to gram and pea, require focussed attention both at the development and policy front. 	<ul style="list-style-type: none"> Consumed as Whole in Curry, Salad. Used as a source of food, feed, fodder.
Cowpea	<ul style="list-style-type: none"> This crop is known as drought hardy nature, its wide and droopy leaves keeps soils and soil moisture conserved due to shading effect. 	<ul style="list-style-type: none"> Cowpea seed is a nutritious component in the human diet, and cheap livestock feed as well.
Clusterbean (guar)	<ul style="list-style-type: none"> Among Pulse crops cluster bean has a special contribution. 	<ul style="list-style-type: none"> The crop produces gum which is called guar gum and is exported in foreign countries. Its seeds contain protein-18% and Fibre-32 % and about 30-33 % gum in the endosperm.
