

MU Pulse Crops Garden

Pulse crops are members of the legume family grown for their dry, edible seeds. Sometimes, they are referred to as “grain legumes”. Although pulse crops can be fed to animals, their common use is human food. The definition of pulse crops excludes legume plants harvested green and consumed as a vegetable by humans (e.g. green beans,) or as a forage for animals (e.g. alfalfa hay).

The Food and Agriculture Organization recognizes 11 types of pulse crops. Types grown in our garden this year are: dry beans, dry broad beans, dry peas, chickpea, cowpea, tepary beans and lentil.

Dry beans are the most common pulse consumed in the USA The garden provides examples of moth, lima, black turtle, soldier, adzuki, mung and scarlet beans. Uses vary by dry bean type, but include boiled, canned, bean flour, baked goods, and in Mexican, Tex-Mex, or Cal-Mex dishes.

Dry broad beans are also called fava beans. They are grown and consumed on nearly every continent. Broad beans can be eaten as green beans, fried, puréed, boiled, or as a constituent in numerous foods.

Dry peas are allowed to mature in the pod before harvest rather than consumed immature. Pea soup is common in many countries. In SE Asia, peas are roasted, salted and eaten as snacks.

Chickpeas are also known as garbanzo beans. The country with the greatest production is India where it is a common ingredient in many popular dishes. Cooked and ground chickpea is known as hummus

Cowpeas are often called black-eyed peas. Cowpea tolerates drought better than some other pulse crops. Its tolerance of shade makes it a common choice for intercropping with corn or sorghum.

Lentil gets its name because seeds are lens-shaped. Seed color ranges from red-orange to green to black. Lentil is often combined with rice in Asian dishes. Other food uses are similar to dry pea. Four lentil types are grown in the garden: Richlea, Turkisk Red, Eston, and Laird.

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Bradford Research Center

573-884-7945

I-70 to Highway 63
South on 63 for 1 mile to the
"Broadway & WW" overpass exit
Turn left (east) on Broadway/WW
for 6.5 miles
Turn right on Rangeline Road
(watch for the sign) for 2 miles.
Headquarters are on the right.



MU Pulse Crop Garden, 2018

NW

10 Cover Crop	9 Cover Crop	8 Cover Crop	7 Cover Crop	6 Cover Crop	5 Pulse Cowpea	4 Pulse Moth bean	3 Pulse Tepary bean 'Brown speckled'	2 Pulse Lima bean	1 Pulse Black turtle bean	Row 4
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10 Cover Crop	9 Cover Crop	8 Cover Crop	7 Cover Crop	6 Cover Crop	5 Pulse Soldier bean	4 Pulse Yellow pea 'carousel'	3 Pulse Shortvine afila-leaf green pea	2 Pulse Large kabuli Chickpea 'sierra'	1 Pulse Small kabuli chickpea 'billybeans'	Row 3
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10 Small Grain	9 Small Grain	8 Small Crain	7 Small Grain	6 Small Grain	5 Small Grain	4 Pulse Richlea lentil 'Richlea'	3 Pulse Turkish Red lentil 'Crimson'	2 Pulse Eston lentil 'Eston'	1 Pulse Laird lentil 'Merri'	Row 2
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10 Small Grain	9 Small Grain	8 Small Crain	7 Small Grain	6 Small Grain	5 Pulse Scarlet runner	4 Pulse Fava bean 'Sweet Lorraine'	3 Pulse Fava bean 'Broad Windsor'	2 Pulse Adzuki bean	1 Pulse Mung bean	Row 1
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SW

Pulse crops

Dry beans	Broad beans	Dry peas	Chickpea	Cowpea	Lentil
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Rows of boxes are number from south to north, columns of boxes are numbered from east to west
See other handouts for information about MU Cover Crops Garden and MU Small Grain Crops Garden