

Leguminous plants are of great interest in agriculture. They are used in parallel with food crops to enrich the soil with **natural fertilizers** (ammonium). These natural fertilizers are in fact produced by bacteria found in the roots or rhizosphere of leguminous plants.

## Soybeans

Botanical name: Glycine max

family: Fabaceae

Soybean is a native of **China**

Uses:

\*They are a rich source of **minerals** and **vitamin B** which is the most important sources of livestock for feeding animals.

\*It is considered as a cheap source of protein for organisms to take.

\*Oil and protein are the two major seed compositions that give soybean the potentiality to be used in various applications. The soybean seed generally contains 40%–42% of protein and 18%–22% of oil.

\*Soybean oil is used in cooking and frying foods. | I

Arhar dal

PIGEONPEA

Botanical Name - Cajanus cajan (L.) Millsp.

Synonym - Red gram, Tur, Arhar

Family: Fabaceae

Origin - Africa

Introduction Pigeonpea (Arhar) commonly known as red gram or tur is a very old crop of this country. After gram, arhar is the second most important pulse crop in the country. It is mainly eaten in the form of split pulse as 'dal'. Seeds of arhar are also rich in iron, iodine, essential amino acids like lycine, threonine, cystine and arginine etc.

## Uses:

- \* Toor dal or arhar dal is a **rich source of protein, carbohydrates and fibre.**
- \* This humble pulse facilitates to meet your daily demands of iron and calcium.
- \* Besides these, toor dal is an incredible source of folic acids which is essential for fetal growth and prevents the birth defects of the new-born.

## Regulates Blood Pressure

Pigeon pea is a good source of **potassium** that acts as a potent vasodilator reducing blood constriction, improves blood flow and controls high blood pressure. Including toor dal in the diet is highly valuable for hypertensive patients, as they are susceptible to increased risk of **cardiovascular disease.**

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# Pea

Botanical name: Pisum sativum

Family: Fabaceae

Origin : Europe and West Asia

## Economic Uses of Pea:

1. Green pods of watana are fried with salt and seeds are eaten.
2. Matured seeds are used as vegetable or mixed in other food articles like pulav, mixed vegetables etc.
3. Husk and grinded seeds are fed to cattle.
4. It contains high percentage of digestible proteins, vit-A and vit-C.
5. It is also rich in minerals like Ca and P.
6. Peas are canned, frozen and dehydrated.
7. Seed are roasted with salt and turmeric powder and eaten as watanas.
8. It is also grown as mixed crop with oat and used as a fodder.