

PULSES

Why should
we care
about
Pulses?



PRIMA

PARTNERSHIP FOR RESEARCH AND INNOVATION
IN THE MEDITERRANEAN AREA



Co-funded by
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Why should we care about Pulses?

- **Nutrient** : Packed with essential vitamins and minerals for optimal health
- **Fight food waste:** Long shelf life diversifies diets while reducing losses
- **Climate champions:** Enhance agrobiodiversity, ecosystem services, and climate resilience
- **Soil heroes:** Fix atmospheric nitrogen, boosting soil fertility and reducing synthetic fertilizer needs
- **Smart farming:** Intercropping and rotation reduce monoculture risks and diversify landscapes
- **Water savers:** Significantly lower water footprint than other protein sources



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**Beyond
Pulses: What's
PRIMA Doing?**



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**Beyond
Pulses: What's
PRIMA Doing?**

Alternative proteins (including pulses) offer a pathway to more sustainable, resilient food systems.

Since 2018, PRIMA has invested **€14.58M** across **8 projects**, involving **78 entities** across the region, to develop **alternative proteins** that address the Mediterranean's climate, water, and food security challenges while creating sustainable, nutritious solutions for the region.



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THE NETWORK FOR RESEARCH AND INNOVATION
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**PRIMA in
action: small
seeds, big
impact**



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Three PRIMA-funded projects are developing **diversified crop rotations, improved chickpea and lentil varieties** with enhanced drought tolerance, and innovative approaches to integrating **underutilised legumes** into farming systems.

See them in action:
www.prima-med.org



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in the Mediterranean Area



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