



TRansition paths to sUustainable
legume-based systems in Europe

6th Newsletter of the TRUE Project

Legume-based news and links from the EU-H2020 TRUE-Project

March 2021



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www.true-project.eu



Dear Legume Stakeholders,

we are delighted to provide the sixth edition of the TRUE Newsletter. We hope you will find the information and links we provide both interesting and useful. The final year of the project is targeting on the identification of transition paths for more home-grown legumes in Europe's fields and on citizens plates. In the last six months TRUE partners published many new science peer-reviewed papers, and project Deliverables. Two new [recipe books](#) were published and can also find some new Blogposts and other news on the TRUE website. There is a final upcoming [Atlantic Legume Innovation Network Workshop](#) to help maintain involvement of legume stakeholders in the project process, and food system transformation. The efforts will culminate in the establishment of a legacy '[Legume Innovation Network](#)' (LIN) at the end joint series of eight webinars collectively entitled, "[European Legumes in Transition](#)" organised jointly by TRUE and LEGVALUE projects, and which take place in April and May. **More information about the TRUE-Project: www.true-project.eu**

Papers published recently by TRUE members

- Vasconcelos et al. (2020) [The Biology of Legumes and Their Agronomic, Economic, and Social Impact](#)
- Ntatsi et al. (2020) [Which Agronomic Practices Increase the Yield and Quality of Common Bean \(*Phaseolus vulgaris* L.\)? A Systematic Review Protocol](#)
- Oré Barrios et al. (2020) [Factors determining the spatial distribution of grain legume cultivation in the EU \(p. 293-308\)](#)
- Karavidas et al. (2020) [Comparative Assessment of Different Crop Rotation Schemes for Organic Common Bean Production](#)
- Leinonen et al. (2020) [Regional land use efficiency and nutritional quality of protein production](#)
- Duarte et al. (2020) [Pulse Consumption among Portuguese Adults: Potential Drivers and Barriers towards a Sustainable Diet](#)
- Ferreira et al. (2020) [Health benefits of pulse consumption – An overview](#)
- Reif et al. (2020) [Reviving a Neglected Crop: A Case Study on Lentil Cultivation in Germany](#)
- Black et al. (2020) [Optimised processing of faba bean kernels as a brewing adjunct](#)
- Saget et al., (2021) [Substitution of beef with pea protein reduces the environmental footprint of meat balls whilst supporting health and climate stabilisation goals](#)
- Balázs et al., (2021) [Integrated policy analysis to identify transformation paths to more-sustainable legume-based food and feed value-chains in Europe](#)

Read more about [project publications](#) [here](#)



Latest published Deliverables:

- Recipes for Legume Dishes in Europe ([download pdf](#))
- Two scientific publications ([download pdf](#))

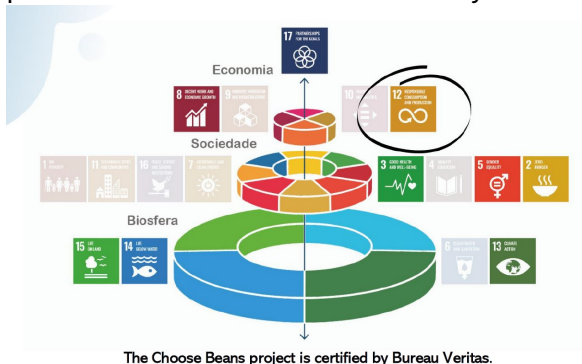
“Special mentions” - from the project website

In the **Blog "Notes from the Field"** you can find regular short updates by TRUE members regarding the research and innovation progress in the Case Studies and Work Packages.

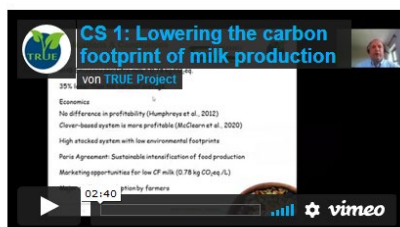
[Read more...](#)

List of the latest blog contributions:

- **Choose Beans - certified sustainability**
Eurest Portugal received a sustainability certificate for its Choose Beans project and published a Newsletter-edition entirely dedicated to legumes. [Read more...](#)



- **Case Study Videos**
Case sStudy leaders have taken videos, showing their work and achievements as well as challenges they face. [Read more...](#)



Video on the carbon footprint of milk production and how to lower it by using clover.

More information on [Case Study 1](#).



Video on why and how to improve the uptake of legumes and particularly



- **Legume cookbook for children**

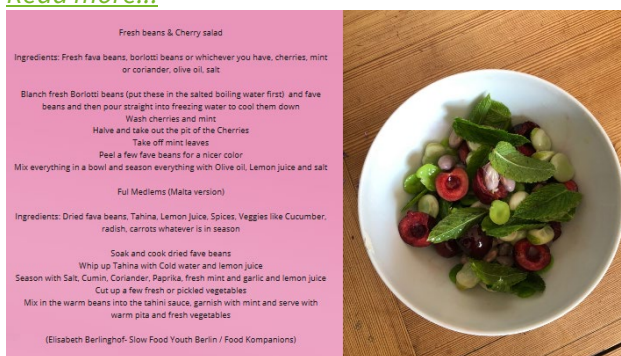
As part of a student project for WP3: Nutrition and product development at Universidade Católica Portuguesa, a children's cookbook with legume recipes was created by TRUE student assistant Eva Lingemann. The book can help to familiarize consumers with the diversity and child friendliness of legumes and legume dishes. [Read more...](#)



- **Cooking together digitally: Disco soup**

Cooking together with legumes - in pandemic times only a digital opportunity, everyone in her and his own kitchen. Report about the Disco Soup event organised by Slow Food.

[Read more...](#)



Documentation material like presentations and abstracts of the **Legume Innovation and Networking (LIN) Workshops** can be found [here](#).

Stakeholder Survey: If you are unable to participate in any of the LIN-Workshops you are invited to answer two key questions on the TRUE website. [Fill in ...](#)

Social media: For an interactive exchange and first hand news, updates and information you should follow us on [Facebook](#), [Twitter](#) (@TrueLegumes) and on [ResearchGate](#).



Upcoming project events:

- 3rd TRUE **LIN Workshop** for the *Atlantic* region will be on Wednesday, 3rd of March 2021 online, organised by our Irish partner Teagasc. [Read more](#)



Transition paths to sustainable legume-based systems in Europe



AGRICULTURE AND FOOD DEVELOPMENT AUTHORITY



3 March
2021,
online

3rd Atlantic Legume Innovation Network (LIN) Workshop
EU-Green Deal mineral-nitrogen fertiliser reductions targets: the central role of legumes



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@TrueLegumes

- **“European Legumes in Transition”** - Get involved in our series of webinars jointly organised with the LEGVALUE-project in April and May 2021. [Read more](#)

8 legume webinars: „EUROPEAN LEGUMES IN TRANSITION“


<p>14 April</p> <p>1. Digging-in to Legumes & the potential of the LIN</p>  <p>Legume Innovation Network</p>	<p>20 April</p> <p>2. Optimising legume production</p> 	<p>22 April</p> <p>3. Legume based value chains & markets</p> 	<p>27 April</p> <p>4. Diversity of end uses for legumes</p> 
<p>29 April</p> <p>5. Pushing boundaries in legume breeding</p> 	<p>04 May</p> <p>6. Science & innovation of legumes</p> 	<p>06 May</p> <p>7. Role of policy in the legume transition</p> 	<p>11 May</p> <p>8. Bringing the Legume Innovation Network together</p>  <p>Legume Innovation Network</p>



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www.true-project.eu



www.legvalue.eu





Related information about legume based research and value chains

Legume-related events include:

- [ReMIX and DIVERSify final conference - Intercropping to boost agroecology in Europe](#): 23rd March 2021, online
- [14th European Nitrogen Fixation Conference \(ENFC\)](#): postponed to 26-29 August 2021 in Naples, Italy
- [8th International Legume Root Diseases \(ILRD\) workshop](#): postponed to Spring 2022 in Rennes, France
- [4th International Legume Society Conference](#) - GRANADA 18-21 Oct 2022

Legume-related information:

- New contact on EC plant protein policy development: Laurent Mercier Laurent.MERCIER@ec.europa.eu is the successor of Karel van Bommel.
- Plant-based diets are the “*least favoured solution to climate change*”, according to UN poll. Oliver Morrison, Food Navigator. Original-URL: https://www.foodnavigator.com/Article/2021/01/27/Plant-based-diets-the-least-favoured-solution-to-climate-change-according-to-UN-poll?utm_source=copyright&utm_medium=OnSite&utm_campaign=copyright
- Denmark introduced updated dietary guidelines with the most drastic changes in generations – due to a new focus on climate change mitigation. Thus the new guidelines suggest a reduction in meat consumption from current levels (around 1 kg/Dane/week) to 350 g. And an increase in consumption of pulses and lentils from currently >10g/Dane/day towards 100g/Dane/day. <https://www.foodnavigator.com/Article/2021/01/12/Danish-official-dietary-guidelines-include-CO2-emissions-for-first-time>. Usually, the Danish government does not introduce guidance like this without both strong sector buy-in and plans to back up the advice, a public-private partnership to increase lentils and pulses consumption in the near future as well as increased public investment in “green proteins innovation” could be possible.
- In global discussions leading towards this year’s UN Food Systems Summit legumes seems to be taking a prominent position in 2 (out of five) sessions, with ambitions such as, “*At the global level, and particularly with respect to more affluent populations, a reduction of excessive consumption of animal-sourced foods, especially red meat, and an increase in consumption of plant-rich diets*”. https://www.un.org/sites/un2.un.org/files/unfss-at2-discussion_starter-dec2020.pdf
- Info on milk alternatives - <https://youtu.be/2UP6CSZsc5o> - the compositional info. starts around 6 minutes in. It highlights the benefits of faba bean protein (0.5%) as plant-based milk for coffee. Though note the EU ruling, that while plant-based burgers can be referred to as such, plant based “milk” is also OK, these products just cannot be referred to as “dairy”. <https://www.theguardian.com/commentisfree/2020/nov/02/eu-plant-based-burgers-meat-dairy-words-vegetarian-food-diet>.





- **TWITTER:** Twitter becomes more and more important in delivering news and updates almost in real time. For all of you, who are (still) not using Twitter: Please have a look at some of TRUE's latest tweets and retweets from related people and projects, that might be interesting for you:

Peas&Beans reduce GHG emissions: <https://twitter.com/SRUC/status/1363893058148909056>

Beans for dairy: <https://twitter.com/LegumeHubEU/status/1362780830037381124>

Innovation&agroecology: <https://twitter.com/AgroecologyNow/status/1363918865877504000>

White lupin: <https://twitter.com/LegumeHubEU/status/1362318722166317056>

Lucerne in France: <https://twitter.com/terresoleopro/status/1361344528028868613>

StartUp Econut: <https://twitter.com/AgroEcoAtJHI/status/1361344451394867206>

Blogpost Eurest: <https://twitter.com/TrueLegumes/status/1361318008241745921>

Lentil ragu: <https://twitter.com/Hodmedods/status/1360625191899004930>

Landscape2021: https://twitter.com/moritz_reckling/status/1361047388824219652

NI protein crops: <https://twitter.com/AgriIreland/status/1360243283230941186>

The Scotsman article: <https://twitter.com/TrueLegumes/status/1359835287392833536>

Student volunteering: <https://twitter.com/CoventryCAWR/status/1359829556077735937>

#WorldPulseDay: <https://twitter.com/TrueLegumes/status/1359564916508815363>

#WorldPulseDay: <https://twitter.com/IntlLegmSociety/status/1359454746826993666>

#WorldPulseDay: <https://twitter.com/TrueLegumes/status/1359436086209089541>

#WorldPulseDay: <https://twitter.com/FAO/status/1357710321125785600>

#WorldPulseDay: <https://twitter.com/FAO/status/1358703731622219776>

LeguCon article: <https://twitter.com/LeguCon/status/1358015839333711872>

INCREASE project: <https://twitter.com/lupinsandmore/status/1357681469972508674>

Pulses UK market report: <https://twitter.com/AgriTradeNews/status/1356230181879476224>

DIVERSify report: <https://twitter.com/agricology/status/1354505722164350976>

Food policy paper: https://twitter.com/EU_FPC/status/1354731240151265283

Pollinators for faba beans: <https://twitter.com/LEGumeVALUE/status/1354077272328851456>

Legume market observatory: <https://twitter.com/TrueLegumes/status/1354026067959435264>

Dutch project PULSE: <https://twitter.com/PlantTeams/status/1353737497029861376>

DIVERSify video series: <https://twitter.com/TrueLegumes/status/1353717962998427648>

Lentil roots: https://twitter.com/ProFaba_SusCrop/status/1353653582936092673

LegumeGap survey: <https://twitter.com/SRUC/status/1350104495531954177>

Rhizobia&mycorrhiza for cowpea:

<https://twitter.com/landbauforsch/status/1348917343011930112>

Ecolanduse in Scotland: <https://twitter.com/AgroEcoAtJHI/status/1348384946780569603>





On behalf of all the project partners, we extend a sincere 'Thank You' for your interest in TRUE, and we look forward to hearing from you either comments or contributions to our activities or on your own efforts in legume related science and technology.

Best wishes,
Henrik Maaß and the TRUE Communication Team



A virtual whiteboard board (Miro) was used for the online Legume Innovation Network workshop for the Mediterranean region: https://miro.com/app/board/o9J_kkKXhr0=/

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