

NATURE'S PEARLS

EASY TO COOK, BURSTING WITH HEALTH



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THE EUROPEAN UNION SUPPORTS
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HIGH QUALITY AGRICULTURAL PRODUCTS.



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OUR PEARLS

- CHICKPEAS
- BEANS
- PEAS
- LENTILS
- SOYBEANS



Preserved legumes – canned, in glass jars or packaged – keep intact all the organoleptic characteristics of dry legumes, making them available to be eaten all year long.

Easy to use, preserved legumes provide significant nutritional benefits and thanks to their versatility, allow you to save time in preparing dishes.

Legumes are rich in protein, fibre, potassium, zinc, iron, copper, phosphorus, calcium, manganese, potassium, sugar, and most of the vitamins necessary for the proper functioning of our bodies. Their high fibre content makes them filling and healthy. Furthermore, they are antioxidants and help prevent the onset of breast cancer in the long term as well as lowering blood cholesterol levels.

In cooking, they are perfect with pasta or rice, ideal for purees and soups, make an excellent accompaniment to meats, and enrich salads and other vegetable dishes.



THE HISTORY OF LEGUMES



BEFORE 10.000 B.C.E.

The period when the first traces of human consumption of legumes was found.



HOLY ROMAN EMPIRE

Eating legumes was a sign of moderation and balance.



EARLY MODERN AGE

A new species of bean (Phaseolus) was imported from the Americas, to join the black-eyed pea which came from Africa.



WORLD WARS

World wars and epidemics leading to food shortages give a key role to legumes for the subsistence of the poor due their nutritional values.



INDUSTRIAL REVOLUTION

Wheat came to dominate diets, impacting on the consumption of minor cereals and legumes.



TODAY

Legumes are an essential part of the European diet and are no longer linked to their historical association as food for the poor. Today, legumes are widely appreciated for their health benefits and the desire to eat food farmed sustainably.

THE CANNING INDUSTRY IN EUROPE AND ITALY

The Italian canning industry is known for its high standards of quality and safety as well as a long tradition based on respect for the land, dedication and passion. The preserved products of Italy and Europe are particularly coveted by foreign markets. The canning industry is strongly committed to guaranteeing safe and responsible working conditions as well as to environmental sustainability, having made important investments in energy efficiency and the reduction of water consumption.

The canning process is made up of several different stages:



The dried legumes are delivered to the processing plants



The legumes undergo a first quality control



Then the legumes are stored in warehouses at a controlled temperature and humidity rate before processing



The legumes are hydrated for 14-15 hours in direct contact with water, until they reach about twice their initial weight



Laboratory analyses are carried out on samples to check that the raw materials meet the set quality standards



The legumes are processed and then packaged in brine (water and salt)



The sterilization of the legumes also cooks them



Canned legumes are stored in specific storage cells where, after at least 14 days, they are subjected to the last "fit for consumption" checks.





FOOD SAFETY AND ENVIRONMENTAL SUSTAINABILITY

Italy and the European Union have always been in the vanguard regarding food safety and the quality of food products. All Member States must respect the same criteria and food and sanitary controls are carried out to the same standard across the EU.

The farming of legumes in the EU is carried out respecting the environment, for the benefit of people and the planet. The production methods in use bring many environmental benefits:



- **Low carbon footprint**
- **Respect for the soil**
- **Respect for biodiversity**
- **Lower water consumption compared to many other sources of protein-rich vegetables.**

Moreover, legumes can grow in various conditions in the EU, including wet, dry, hot or cold climates.



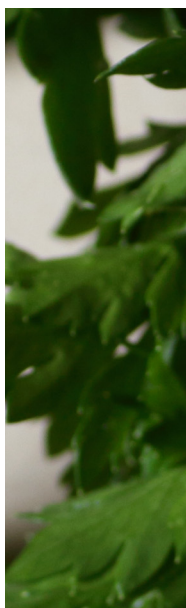


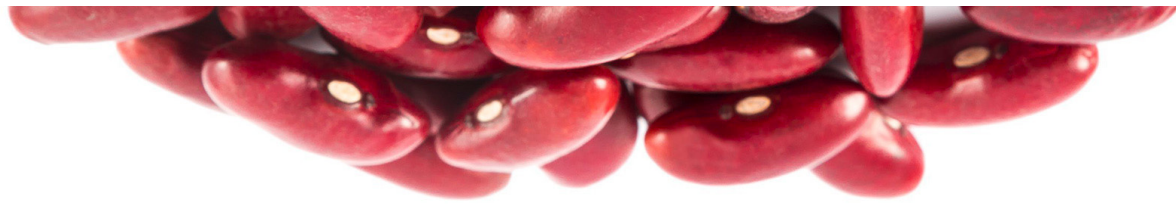
CHICKPEAS

Chickpeas, in addition to being rich in fibre, carbohydrates and proteins, with their high iron and zinc content are an important source of collagen, necessary for strengthening bones.

They also contain only 6% fat. In Arab cuisine, chickpeas are the main ingredient of hummus, not to mention their widespread use in Italian regional cuisine.

They are also ideal for the preparation of purees and soups, and enrich first courses and vegetable salads.





BEANS

Beans are low in protein, but combine easily with the nutrients of other vegetables and in particular cereals and rice, wholemeal pasta, and corn starches. Recent studies have shown that regular consumption of beans improves blood pressure and leads to weight loss. Rich in vitamins A, B, C, E and fibre that stimulate the metabolism, beans are also a good source of minerals and trace elements. There are different varieties of beans, such as Borlotti beans, perfect with pasta, Cannellini beans, ideal for soups and purees, and butter beans, suitable for salads and side dishes and cold dishes.

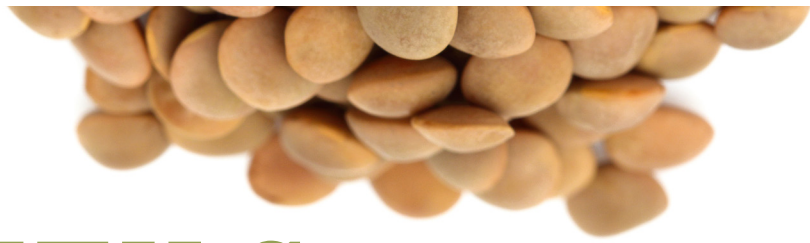




PEAS

Peas are less starchy than other legumes, and their high fibre content helps prevent constipation. Low in fat and rich in iron, calcium, phosphorus, potassium, vitamin A, vitamin B1, vitamin C and niacin, preserved peas are carefully selected and boiled to preserve their sweet taste and full-bodied texture. They are a versatile ingredient for many dishes such as pasta and rice, soups, as well as ideal for enriching main courses of oily fish and white meats, or salads.





LENTILS

Lentils are the most digestible of all legumes, as well as rich in proteins, iron, copper and sugar. The flavonoids and niacin found in lentils provide antioxidant properties. In a lentil dish, the high thiamine content helps improve cognitive performance and focus. They are extremely versatile and can be used in many dishes; they can be used to make “vegan” alternatives, for example tasty burgers, as well as for soups, purees, pancakes and even desserts.





SOYBEANS

Of Asian origin, soy is now grown as environmentally-sustainable farming in many areas of Europe. Soy is a true concentrate of beneficial substances, in particular the molecules of isoflavones, able to bind to the estrogen receptors in the body, thus helping to regulate hormone levels. Soy also helps to lower blood cholesterol levels. A cornerstone of Chinese nutrition, soy is not merely an accompaniment. In fact, soybean proteins have a biological value comparable to that of meat, thus making soybeans an ideal food in special diets such as vegan diets.



THE VERSATILITY OF CANNED LEGUMES

Canned legumes allow consumers to eat healthy, tasty and sustainable products 12 months a year, anywhere in the world, in a form that preserves all their organoleptic characteristics and so all the beneficial properties of the fresh products, with certified and guaranteed food safety standards.

Legumes are also a food that can be consumed by those suffering from the coeliac disease or gluten intolerance as well as a key element in all types of diet, from the Mediterranean Diet to vegetarian and vegan diets. In general, legumes are a healthy and balanced choice for those who want to follow an eco-friendly lifestyle, also in their diet.



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