



TRansition paths to sUustainable
legume-based systems in Europe

4th Newsletter of the TRUE Project

Legume based news and links
related to the EU-H2020-project TRUE

November 2019



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www.true-project.eu



The project partners are delighted to provide the fourth edition of the TRUE newsletters. We hope you will find the information and links we provide both interesting and useful. The project is running since more than two and a half years now. More and more deliverables, reports and press releases are published. Legume Innovation and Networking (LIN) - Workshops took place in Denmark and Porto recently. **For information about the structure of TRUE please visit www.true-project.eu**

Papers published by TRUE partners and Work Packages leaders

- Alcohol made from legumes! A new market? You may want to read [Just the tonic! Legume biorefining for alcohol has the potential to reduce Europe's protein deficit and mitigate climate change.](#)
- Find a paper on the Relationship between seed traits and pasting and cooking behaviour in a pulse germplasm collection [here](#).
- The paper [Lysine Supply Is a Critical Factor in Achieving Sustainable Global Protein Economy](#) was co-authored by Dr. Pietro Iannetta, the coordinator of TRUE.
- Read more about **project publications** [here](#)

Some special announcements of specific parts of 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:

- [Why bean beer?](#) - Article and interview with Pete Iannetta about Case Study 3: Brewing with legume starch and use of high protein byproducts in animal feed and human nutrition.
- [Cultivation in Mild Winter Climates](#) - In the conference on Protected Cultivation in Mild Winter Climates, Georgia Ntatsi, Leader of WP2 presented the early findings of TRUE.
- [Different legumes - different nutritional quality](#) - allowing each person to tailor the elements of their diet according to their needs
- [Demonstration of pasta production with legumes](#) - protein pasta made from yellow pea powder
- [Thinking outside the pot - a legume cookbook](#)
- [Insight to legume value chain sustainability - TRUE enlightenment through](#)





[collaboration in Edinburgh](#)

- [Grain legume cultivation in Mediterranean rain fed low-input farming systems](#)
- [Lentil pancakes on the go](#) - In scope of TRUE ´s Work Package 3 activities, the idea was to develop a healthy snack based on lentils
- [Strength in numbers: TRUE joins the Crop Diversification Cluster](#)
- [Making aquafeeds more sustainable: Regional Legumes for Salmon Aquafeeds](#) - How to shift aquafeed's dependence on fish-based ingredients to a fish-free product that is based on legume protein
- [What a difference a year makes for living mulches](#)

List of recent interviews published on the blog with answers about their role in the project, the innovative approaches and examples for transition paths:

- [TRUE work package leaders interviewed after presenting the first H2020 intermediate report to the EU](#)
- 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 in late spring 2020 in Ireland.
- 3rd TRUE **LIN Workshop** for the *Mediterranean* region will be in early spring 2020 in Portugal.
- A **LIN Workshop** for the Croatian Cluster will be held on November 29th, from 9:00 a.m in the Technology-innovative center of Međimurje. Apply [online](#).





Related information about legume based research and value chains

Legume-related forthcoming events include:

- Livestock, Environment and People Conference on December 10 in Oxford
<https://leap.web.ox.ac.uk/event/leap-2019-conference>
- 14th European Nitrogen Fixation Conference (ENFC) from August 27 to 30 in Naples, Italy ,
<https://www.enfc2020.org/>

Proceedings of some past events

- The posters and presentations of the **DIVERSIFOOD Final Congress “Cultivating diversity and food quality”**, which took place 10-12 December 2018 in Rennes, France are available [here](#).
- In September 2019, the **European Conference on Crop Diversification** took place in Budapest. It was convened by the members of the **Horizon 2020 Crop Diversification Cluster**, including TRUE.
 - Find [here](#) the proceedings of the workshop
 - [Here](#) you may find all blog contributions

Articles related to the project topic

- New journal **Legume Science** welcomes relevant articles from all disciplines and is especially interested in publishing manuscripts reporting of «**pre-harvest aspects**», such as ecological- or system-level interactions – including those between legume-microbes or legumes-environment, for example. Therefore, please do consider publishing your next paper(s) in Legume Science - <https://onlinelibrary.wiley.com/journal/26396181>
- Recent study about the difficulty of addressing both sustainability and health goals with dietary patterns - <https://www.foodnavigator.com/Article>



Merry Christmas and best wishes for next year

Since the Christmas holidays are coming closer, we attached a recipe provided by Cecilia Antoni to this newsletter. She is a food blogger for legume recipes (beanbeat.de, the English version will go online soon under beanbeat.com).

Black bean chocolate cookies

for 20 cookies

- 1 ½ cups of black beans (cooked)
- 2 tbsp coconut oil
- 100g dark chocolate
- 1 tbsp cocoa powder, unsweetened
- 4 tbsp maple syrup
- 2 tbsp linseeds, kibbled
- ⅓ tsp vanilla, ground
- ½ tsp cinnamon
- 1 tbsp almond butter or peanut butter
- 1 pinch of salt
- 1 tbsp buckwheat
- 50g nuts, chopped, cocoa nibs optionally



Preheat the oven to 175 °C.

Let linseeds soak together with maple syrup and 3 tbsp of water.

Melt chocolate and coconut oil in a water bath.

In a blender, blend cooked beans, melted chocolate, cocoa powder, linseeds, almond or peanut butter and spices.

To your preference, add nuts, cocoa nibs and buckwheat. The buckwheat gives a crunchy texture but can also be left out.

As the batter is rather thick, either use a piping bag to place small blobs of batter on a baking sheet covered with baking paper, or form a roll and cut into slices no thicker than 0,5cm. If you like it a little bit sweeter, you can sprinkle some sugar on the cookies before baking or decorate the cookies with chocolate or sugar icing after baking.

Bake for 30 min.





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*



TRUE consortium at the 2nd Mediterranean Legume Innovation and Networking (LIN) Workshop and General Assembly in Porto, July 2019. (Photo: TRUE project)

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