



# Slow Food® South Australia

## *A Day in the Veggie Garden* Saturday 27 February 2016

Happy New Year from Slow Food South Australia! We are excited to announce our first event for 2016 where we will be coming together with the **United Nations Association of Australia (SA Division)** to host a day in the Glenelg North Community Garden. Our day in the veggie garden will be celebrating the best of late summer produce and introducing the **United Nations 2016 International Year of Pulses.**

The day will include guided walks through the garden, informative talks, and even picking our own produce for a delicious shared lunch. To embrace the 2016 International Year of Pulses, our shared lunch will be representing the way pulses are used in different cultures, including homemade hummus, a Middle Eastern dish of crushed Puy lentils with tahini and lime, Mediterranean lupini beans, chickpea burgers, salads using fresh produce from the community garden and much more. We hope you can join us!



**2016**  
**INTERNATIONAL**  
**YEAR OF PULSES**

### *Event details*

**When:** Saturday 27 February 2016  
12:00pm start

**Where:** Glenelg North Community Garden  
- corner of Kibby Avenue and Alison Street,  
Glenelg North

**Cost:** \$15 per person. Cost includes garden tour, shared lunch and recipes of pulse dishes served. Non-alcoholic drinks provided as this is an alcohol-free event.

**To book:** Please email Taylor at [events@slowfoodsouthaustralia.com.au](mailto:events@slowfoodsouthaustralia.com.au)  
This event is limited to 25 people - so please book early to avoid disappointment.



**United  
Nations  
Association  
of Australia  
SA Division**

## ***A little bit about the United Nations 2016 International Year of Pulses***

(Taken from the [Food and Agriculture Organization of the United Nations 2016 IYP](#) website):

**Pulses**, a subgroup of legumes, are plant species members of the *Leguminosae* family (commonly known as the pea family) that produce edible seeds which are used for human and animal consumption. Pulses are important for a number of reasons. Eating pulses regularly can help improve human health and nutrition because of their high protein and mineral content. Including pulses in intercropping farming systems and/or cultivating them as cover crops enhance soil fertility and reduce dependency on chemical fertilisers by fixing nitrogen and freeing phosphorous, thus contributing to a more sustainable production system. Pulses are also important for sustaining and maximising production in pulse-cereal crop rotations.

**The specific objectives of the International Year of Pulses 2016 are to:**

- Raise awareness about the important role of pulses in sustainable food production and healthy diets and their contribution to food security and nutrition;
- Promote the value and utilisation of pulses throughout the food system, their benefits for soil fertility and climate change and for combating malnutrition;
- Encourage connections throughout the food chain to further global production of pulses, foster enhanced research, better utilise crop rotations and address the challenges in the trade of pulses.