

The word “legume” refers to members of the plant family *Fabaceae* and to their fruit, also called a pod. Well known legumes include pea, faba bean, soybean, clovers and groundnut or peanut.

Legumes fix nitrogen from the air for their own use. In addition, they leave some nitrogen that is available to the next plant. Hence, the cultivation of legumes reduces the need to fertilize the field. Legume roots help to aerate the soil. Including legumes in rotations assists biodiversity and reduces disease pressures on cereal crops.



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