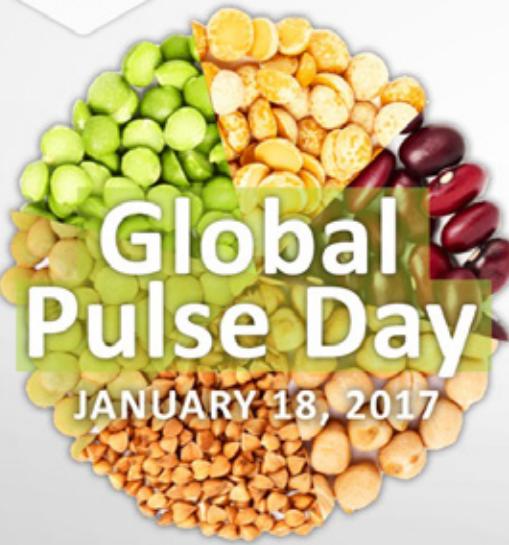


Pulse Pipeline

Your Pulse Connection

CELEBRATING 2016 INTERNATIONAL YEAR OF PULSES NOVEMBER 23, 2016



A global event to celebrate pulses and continue the momentum of the International Year of Pulses

THE Global Pulse Confederation (GPC) is asking all pulse industry members to host as many events as possible for the upcoming 2017 Global Pulse Day.

The first Global Pulse Day took place on January 6, 2016 as the "Pulse Feast", with 141 events spanning 36 countries, reaching 21 million people. Several events took place in the United States, including many by APA members.

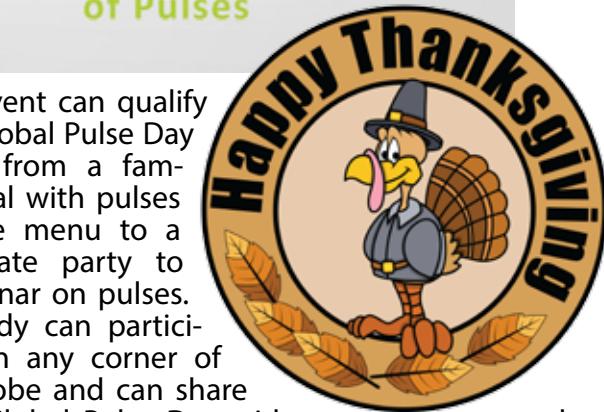
To continue the momentum of the 2016 International Year of Pulses, the GPC has announced the second annual Global Pulse Day to be celebrated on January 18th, 2017 to encourage people around the world to eat pulses.

"We need all of your help to host as many events as possible, please see the guidelines below to help you design, organize and register your event to be part of the hundreds that we hope to see happening next year to continue celebrating pulses beyond the 2016 International Year of Pulses.



Any event can qualify as a Global Pulse Day event from a family meal with pulses on the menu to a corporate party to a seminar on pulses. Anybody can participate in any corner of the globe and can share their Global Pulse Day with the rest of the world by linking to Love-Pulses either by posting information about your event on social media and using the hashtag #GlobalPulseDay or by emailing us at iyp@emergingag.com. There will be some coverage over 48 hours of January 18 covering the world's time zones. There is no limitation on number of people (from 2 to 20,000) to be attending your event.

In preparation of the event, the GPC is providing guidelines available at <http://pulses.org/global-pulse-day>. A link to registration is included. For more information (beyond what is on the website) or help promoting your pulse related activities contact iyp@emergingag.com.



Happy
Thanksgiving

Register NOW!
WPGA ANNUAL MEETING



DRY PEAS, BEANS, LENTILS & CHICKPEAS
THE FUTURE OF FOOD



Cooking Demonstration:

Chef Ron Pickarski is the United Nations Food & Agriculture Organization's North American Pulse Chef, raising awareness of and appreciation

for pulses. He will excite you about cooking pulses! Chef Pickarski is founder, president, culinologist and Executive Chef of Eco-Cuisine, Inc.

Guest speaker for IYP Dinner Celebration:

Nutritionist, author and sports nutrition consultant to the NY Yankees, Cynthia Sass is the 2016 U.S. Pulse Ambassador. She motivates with her passion for pulses! She is a three time best selling author, and contributing editor to *Health* magazine.



Western Pulse Growers Association Annual Meeting

December 14, 2016

8:00 a.m.

**Best Western Plus University Inn,
Moscow, ID**

Registration forms at: www.usapulses.org/WPGA

Or call: 208-882-3023

Register by December 6

Agenda Highlights:

**2016 Risk Management Education
Partnerships Program Kick Off**

IYP Luncheon & Featured Speaker

Market Outlook Panel

**Pulse Cooking Demonstration – Chef Ron
Pickarski, Eco-Cuisine Natural Foods**

Pulse Pillar Reception & IYP Dinner

**Celebration – Cynthia Sass, U.S. Pulse
Ambassador, Nutritionist and Author**

- Full Registration includes Pesticide Credits, Meeting, Lunch, Cooking Demonstration, Reception and Dinner: \$60
- IYP Celebration Registration includes Cooking Demonstration, Reception and Dinner: \$25



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Pulses for Thanksgiving

FUDGY LENTIL PECAN PIE

Ingredients

1/2 cup	dry lentils rinsed
1 1/2 cups	water
1/2 cup	sugar
1/3 cup	unsweetened cocoa
1/3 cup	all-purpose flour
1/4 tspn	salt
1 1/4 cups	light corn syrup
3	eggs
3 Tbsn	melted butter
1 1/2 tsp	vanilla extract
1/2 cup	chopped pecans
1 cup	pecan halves
10-inch	unbaked pastry shell

PREP TIME: 25 minutes

COOK TIME: 1 hour



<https://pulsepledge.com/recipe/fudgy-pecan-pie/>

Directions

1. Preheat oven to 350°F.
2. In a medium saucepan, combine lentils with 1 1/2 cups water. Bring to a boil, reduce heat, cover and simmer until lentils are tender (about 25 minutes). Drain.
3. Combine sugar, cocoa, flour, salt, corn syrup, eggs, melted butter, and vanilla extract in a large mixing bowl and beat for 30 seconds at medium speed; do not overbeat. Stir in cooked lentils and chopped pecans.
4. Pour into an unbaked pastry shell. Bake 55 to 60 minutes; immediately arrange pecan halves on top, and bake for another 5 minutes. Cool. For best flavor, cover pie and let stand a day before serving.

