



AGRICULTURAL PRODUCTIVITY PROGRAMME FOR SOUTHERN AFRICA (APPSA)

BEAN PROCESSING ENHANCES FOOD SECURITY AND INCOME IN MOZAMBIQUE

Grain legumes are important components of cropping systems in Mozambique's maize-based farming systems, and are predominantly grown by the resource-constrained smallholder farmers, particularly women. They are a key source of nitrogen-rich edible seeds, providing a wide variety of high-protein products and constituting the major source of dietary protein in the diets for many rural households and for the less privileged urban citizenry. Legumes are the second most important source of protein from that of animals. They are also a good source of income. Among the smallholder farmers in Mozambique, Beans, Cowpeas, Pigeon peas and Bambara groundnuts are the main food legume crops grown. The majority of the smallholder farmers usually sell their legume crops in raw form and always early in the season, thereby foregoing potentially high incomes as a result of value addition. Beans, cowpeas, pigeon peas and Bambara nuts have tremendous potential for agro-processing into flour, canning, snacks, milk and stock feeds, to mention a few.

The Agricultural Productivity Programme for Southern Africa (APPSA) embarked on an effort to promote sustainable value-addition to commonly grown food legumes and increase incomes among smallholder farmers in Zambézia and Niassa Provinces (Guruè, Lichinga, Cuamba, Muembe and Chimbonila Districts). About 913 small-scale farmers (610 females) were trained in legume grain selection, packaging, sealing and labelling. Forty (40) Extension staff were also trained so that they could train other farmers not reached by the project. APPSA introduced new agro-processing technologies of legumes in the same five districts, where the farmers were trained in processing of the legumes into



Farmer training in agro-processing of legumes in Guruè

different legume products. Farmers applied the agro-processing skills they learnt to improve food security and generate income through sales of their products.



Farmers tasting some of the bean products



Farmer explaining how she fed baby orphan with bean porridge



Cowpea processing for fritters



Cowpea fritters



Bean porridge

Farmers showcased flour made from common beans, cowpea, Bambara nuts, and pigeon pea at a provincial fair in Niassa. The products generated a lot of interest among the consumers who bought all the products and also registered their interest to learn about the agro processing technologies. In Nzizi community, farmers organized a food workshop and they made processed products from common beans and shared with some members of the community to test the different products.



Cakes and biscuits made from legume flour

