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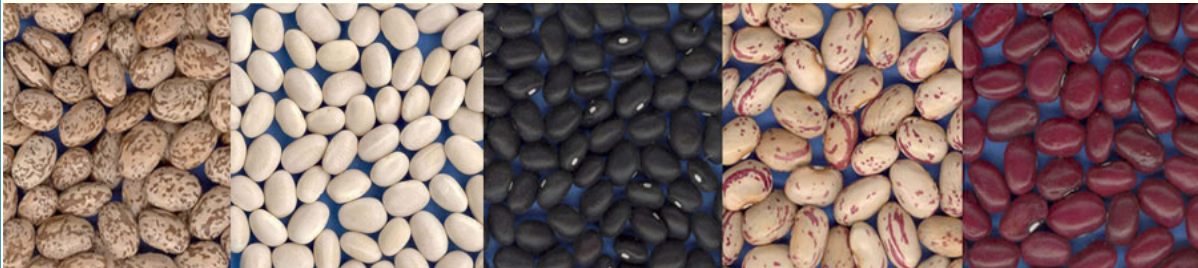


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## FEED THE FUTURE INNOVATION LAB FOR LEGUME SYSTEMS RESEARCH

October 2020



The Feed the Future Innovation Lab for Legume Systems Research fosters dynamic, profitable, and environmentally sustainable approaches that contribute to resilience, productivity, and better nutrition and economic opportunities. The lab is managed by Michigan State University.

### *From the Management Office*

**Dr. Augustine Obour Named Principle Investigator of Cowpea Project in Senegal**  
**Obour replaces Dr. Zachary Stewart who departs Kansas State University for new opportunities**



The Legume Systems Innovation Lab is pleased to welcome Kansas State University (KSU) Associate Professor, Dr. Augustine Obour as the new principle investigator leading the Sustainable Intensification of Dual-Purpose Cowpea Varieties for Enhanced Food and Fodder in Senegal project.

The project is a collaborative effort among scientists at KSU, Senegalese National Agricultural Research and Extension Services (NARES) (i.e. ISRA and ANCAR) and uses a farming systems approach to assess dual-purpose cowpea for grain and fodder production for human nutrition and small ruminant production.

Dr. Obour is a native of Ghana and earned his bachelor's degree in Crop Science from the Kwame Nkrumah University of Science and Technology in Ghana. He holds a master's degree in Agronomy and a Ph. D in Soil and Water Science from the University of Florida, Gainesville.

His expertise is in soil and nutrient management issues in semiarid dryland cropping systems. A major emphasis of his applied research program is placed on developing a systematic understanding of soil management and agronomic production practices within dryland cropping systems and the impact of such practices on soil health, water use, crop productivity, and economic returns.

Dr. Obour's hope for the project is that it will result in identifying novel dual-purpose cowpea varieties that can be adopted by Senegalese farmers and scaled-up across West Africa with the ultimate goal of improving resilience, nutrition, and food security for smallholder farmers.

While not focused on his research, Augustine enjoys watching football and soccer. He notes that his biggest personal challenge since the onset of the COVID-19 pandemic has been the disruption to his off-campus research activities and personal travel plans. His favorite legume to eat is black-eyed pea, a favorite of his homeland Ghana.

Augustine replaces former project principle investigator, Dr. Zachary Stewart who departed KSU to pursue other opportunities. We wish Zach the best of luck in his new ventures and look forward to Augustine's leadership and expertise.



*Dr. Obour shown at right in the KSU Agricultural Research Center - Hays*



What better way to celebrate World Vegan Day on Sunday, November 1 than with your favorite legumes?

Also challenge yourself to try different legumes throughout November 2020 in celebration of World Vegan Month.

Need recipe ideas? Visit our [website](#) to review some of the amazing recipes we've featured in our newsletters.

## *Featured Legume of the Month*

### **Pulse Flours**

According to [Pulses.org](https://pulses.org), pulse flours are a gluten free option to add protein, fiber, potassium, folate and iron into your baking. Common pulse flours are derived from dry peas, lentils, chickpeas and pinto beans.



Compared to all-purpose flour, flour made from pinto beans contains over twice the protein, almost eight times more fiber, over nine times the potassium, over four times the folate, and over times the iron. This equates to healthier baked goods perfect for breads, breakfast bars, doughnuts, and gluten free cookies.

These flours are more commonly found on grocery stores as they gain in popularity. If your local market has not yet joined the pulse flour craze, there are several online sites from which you can order to have the flours delivered straight to your front door.

## Cooking with Pulse Flours... Chickpea Flour Matzo Ball Soup

This recipe for Chickpea Flour Matzo Ball Soup comes from [Pulses.org](https://pulses.org).

With just eight ingredients, the chickpea flour is the star of this comfort food recipe which uses vegetable broth instead of chicken broth for a vegetarian option.

Click the link below to view the full recipe.



[Get Recipe Here](#)

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Feed the Future Innovation Lab for Legume Systems Research**

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