

HAVE YOU TRIED LUPIN?

Lupin beans are delicious, healthy,
local and sustainable



DECEMBER LUPIN MONTH

Try lupin beans at the farmers market, order a delicious lupin dish or use lupin in your own kitchen. From burgers to sumptuous meals, from spreads to divine desserts.

TRY LUPIN AND MEET US

Get a taste of lupin beans and meet us at the market:

- Green Friday 25 November
near the fountain 13:00–17:00 h
- Saturday 26 November
3, 10, 17, 24 December

GETTING STARTED

These stores in the area sell lupin beans:

- Albert Heijn and Jumbo supermarkets
- Odin
- Vreemde Streken (also DIY hummus packs)
- De Gieterij (also dry beans)
- De Hoge Born
- De Kardoer – Bennekom
- Molen De Vlijt (dry beans)
- StreekWaar farmers market (Saturdays)



Recipes with lupin

Recipes can be found on:

www.lekkerlupine.nl/recepten.

Tip for a tasty appetizer:

sauté lupin beans with some garlic and/or cumin.

Using dry beans

You save money and packaging by using dry lupin beans. Check instructions for soaking and cooking: www.lekkerlupine.nl/kennisbank/zelf-droge-lupinebonen-koken.

ORDER YOUR DISHES

In December you can order your delicious lupin dish to go!



For a fusion meal Food of Cultures

tel: 06 16 16 70 16
www.foodofcultures.nl/shop



For a great vegan Christmas menu Eveline Cooks

Take away on 24 December
contact@evelinecooks.nl
www.evelinecooks.nl



For lunch, delicacies and catering Sustainable food store Vreemde Streken

tel: 0317-452200
www.vreemdestreken.nl



For lupin burgers and snacks Watinhetvatzit

info@watinhetvatzit.nl
www.watinhetvatzit.nl



For delicious soup with focaccia Ivo's Bread and Pizza

Visit our store at Hoogstraat 5 (Wed to Sat)
www.ivosbreadandpizza.nl



For a tasty pie Goed Gevoed

tel: 06 13 36 80 64
Order at: www.goed-gevoed.nl/contact



For tempeh with lupin Beenbean

Order at: thasbeenbean@gmail.com
www.streekwaar.nl/beenbean



THE ADVANTAGES OF LUPIN

- Lupin is a **tasty bean** that can be used in all sorts of dishes, like salads, woks, sauces and desserts.
- Lupin contains high levels of **proteins** and can contribute to the transition from meat/fish to plant based diets (the protein transition).
- Lupin is **grown locally**, so it is good for Dutch farmers and requires less transport than for instance soy from Brazil.
- Lupin belongs to the legume family and **fixes nitrogen from the air**, so chemical fertilizer is not needed.
- Lupin is good for **soil fertility**, and ideal in an organic crop rotation plan.
- Lupin causes **significantly lower CO2 emissions** than meat and fish, or meat substitutes like soy.
- Lupin has beautiful flowers and attracts countless insects like bumblebees, so it **enhances biodiversity**.

And ... **lupin is not expensive**.



More information on use, recipes, cultivation, allergies and climate impact:

www.lekkerlupine.nl
info@LekkerLupine.nl

www.duurzaamwageningen.nl
info@duurzaamwageningen.nl



Wageningen 
eet duurzaam