

Workshop Presenters

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<p>Bowman, Charley, Environmental Justice Task Force <i>Bomb Trains: A Threat to NY State Groundwater and Aquifers</i></p>	<p>WNY Peace Center 1272 Delaware ave, Buffalo, NY 14209 renewableenergy@wnypeace.org, (716)908-8227</p>
<p>Burney, Jay & Wooster, Margaret Concerned Citizens for the Outer Harbor <i>What Buffalo's Outer Harbor Has to do With Food</i></p>	<p>greenwatch100@gmail.com miwooster@gmail.com</p>
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<p>McNaughton, Laticia <i>Shé:kon Wathentón:nis (The Greens Are Still Growing): Adventures in Drought Gardening at the Tuscarora Nation</i></p>	<p>LgMcNaughton@gmail.com</p>
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INTERNATIONAL YEAR OF PULSES

What is a pulse? It's the edible seeds of various leguminous plants, for example chickpeas, lentils, and beans.

Here are some facts about pulses:

- Pulses are high in protein.
- They are used in both sweet & savory dishes.
- They are gluten free!
- Pulses are cheap, only \$0.10 per serving!
- They have the lowest carbon footprint of any food group!
- Pulses require little to no irrigation.
- They are high in fiber and antioxidants.
- They sodium & cholesterol free.