

LEGUMEN

Meaning: Legumen is a type of plant that produces seeds in pods, including peas and beans, often used as a significant source of protein in diets.

1. A legumen is a type of plant that produces seeds in pods, such as peas and beans.
2. Many vegetarians rely on legumen as a primary source of protein in their diets.
3. The legumen family includes a wide variety of species, each with unique nutritional benefits.
4. Farmers often rotate legumen crops to enrich the soil with nitrogen for future planting.
5. Incorporating legumen into meals can enhance both the flavor and the health benefits of a dish.

Source: sentences.whatistheurl.com

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