

Mungbean production for increased consumption in the Aral Sea Region

Background

Mungbean is a rich source of cholesterol free healthy protein. Also, production of mungbean protein costs less than meat source of protein. Environment is protected as less water is used in the production of protein in mungbean compared to production of meat source of protein. Additional benefit is through addition of atmospheric nitrogen to the soil at no extra cost. The training workshop provided the potential mungbean farmers with an opportunity to learn from experts about improved production practices for growing mungbean.

Study conducted

Being a part of Uzbek diet, mungbean is widely consumed in amount unknown by the Uzbek farming communities. A study was conducted to determine if the farmers producing mungbean also consume more than those who don't produce but buy from the market. Nineteen mungbean producing and 21 non-producing farming families were included in the study in Khorezm province. Similarly, 19 mungbean producing and 17 non-producing farming families were included in the study in Karakalpakstan province. Data were collected on consumption of mungbean grain on per family and individual basis considering that the number of members differed among families.

Results

Mungbean consumption patterns on family basis and individual basis are given in Figures 1 and 2. Consumption levels differed in the two provinces but were consistent in terms of trend.

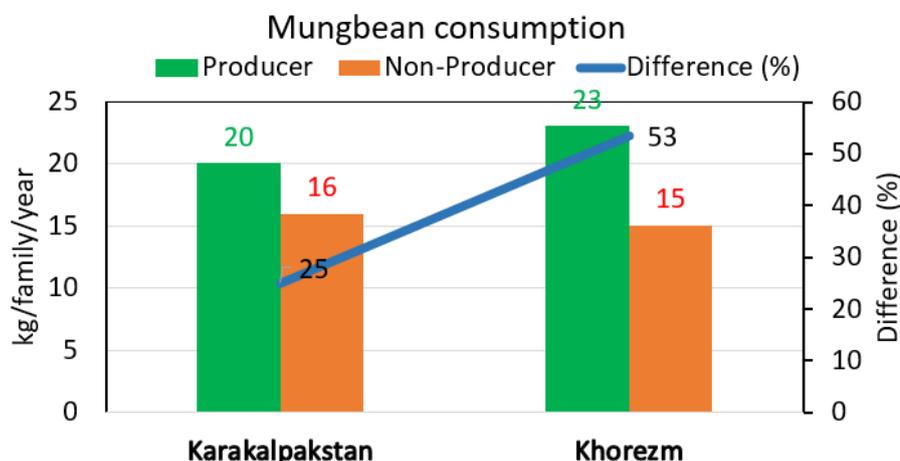


Figure 1. Comparative analysis of mungbean consumed on family basis in mungbean producing and non-producing farm families in Karakalpakstan and Khorezm provinces in 2022.

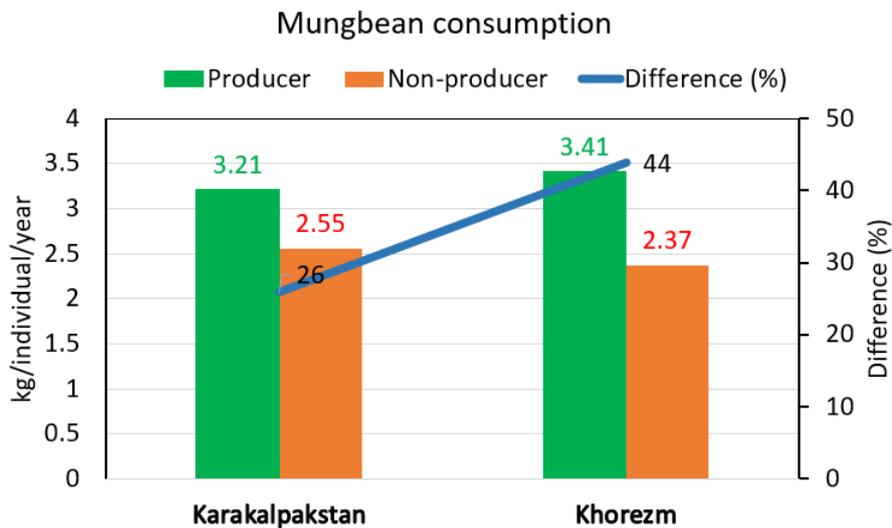


Figure 2. Comparative analysis of mungbean consumed on individual basis in mungbean producing and non-producing farm families in Karakalpakstan and Khorezm provinces in 2022.

On family basis mungbean producers consumed 25 and 53% higher mungbean grain than the non-producers in the two provinces (Figure 1). On individual basis, the mungbean producers consumed 26 and 44% higher mungbean grain than the non-producers in the two provinces (Figure 2).

The consumption level of 3.21 and 3.41 kg mungbean per person per year can be considered low. This can be enhanced by diversifying food products prepared by mungbean. An increase in consumption of mungbean could be expected to partially reduce the consumption of meat.

Conclusion

The farmers who produce mungbean consume more of it compared to those who buy from the market.

Implications

There is a need to encourage production of mungbean by more farmers in the Aral Sea region through policy interventions. Production of mungbean by more farmers will be good for human health, and availability of less expensive protein compared to meat protein. Additional benefit will be in improving soil health and reduction in use of nitrogenous fertilizers, thereby protection of environment.