The pea family (Leguminosae) (clovers, trefoils, vetches...) is a good source of protein (20% of weight or more), minerals (iron-Fe, copper-Cu, phosphorus-P and calcium-Ca, for example), fibre (11-25% of weight) and vitamins (carotenoids, B1, niacin, folic acid). It is also beneficial for soils as plants from this family fix nitrogen due to the action of certain bacteria in nodules on their roots. Both wild and sown members of the pea family are present in the fields on the Vista Alegre farm. The disadvantages of the pea family include the lower carbohydrate content of some species (less energy), low vitamin C content which is only present in any quantity of interest during germination or when “green” and the diseases that can be caused by depending exclusively or too much on Leguminosae.

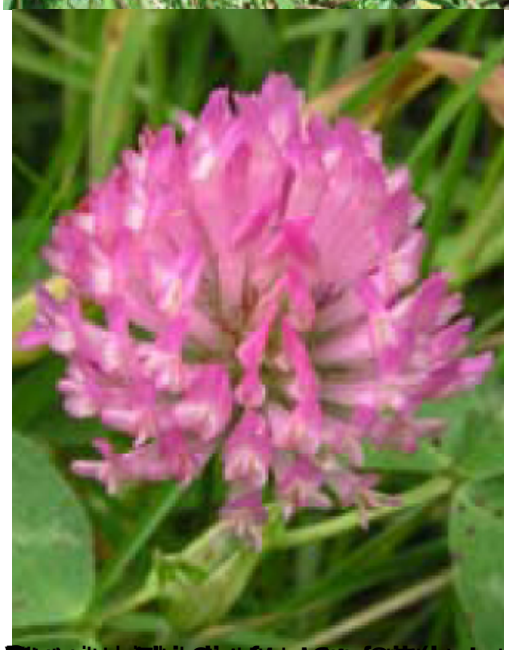
Examples of the nutritional composition of some members of the pea family:

Alfalfa (Medicago sativa)
Protein: high content
Vitamins:Betacarotene (precursor vit A), C, D, E y K
Minerals: Ca, K, Fe, P,
Carbohydrates: low content

Clovers (Trifolium sp.)
Protein: high content
Vitamins: A, B2, B3, C, E
Minerals: Ca, Mg, K,
Carbohydrates: low content

red clover

2.8- Summary of the nutritional value of pastures:



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