

# **Fava Beans Market: Global Industry Trends, Share, Size, Growth, Opportunity and Forecast ?2024-2032?**

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## **Abstracts**

The global fava beans market size reached 8.9 Million Tons in 2023. Looking forward, IMARC Group expects the market to reach 12.5 Million Tons by 2032, exhibiting a growth rate (CAGR) of 3.7% during 2024-2032. The rising prevalence of obesity, diabetes, and hypertension, increasing awareness among the masses about the nutritional content of fava beans, and the widespread adoption of veganism and vegetarianism worldwide are some of the major factors propelling the market.

Fava beans, scientifically known as *Vicia faba*, are a type of legume characterized by their large, flat, and elongated seeds enclosed in thick, leathery pods. They are fortified with essential nutrients, including protein, dietary fiber, vitamins, such as folate and vitamin K, and minerals like iron, potassium, and magnesium. They also contain antioxidants like flavonoids and polyphenols, which help combat oxidative stress and reduce the risk of chronic diseases. Their fiber content supports digestive health, helps regulate blood sugar levels, and contributes to cardiovascular health by reducing cholesterol levels and supporting healthy blood pressure. Their regular and moderate consumption facilitate red blood cell production and aid in preventing iron-deficiency anemia. In addition, vitamin K and magnesium in fava beans improve bone health and help prevent osteoporosis. They are used in various culinary preparations, including soups, stews, and salads to add a unique nutty flavor to dishes.

The rising prevalence of obesity, diabetes, and hypertension is catalyzing the demand for products formulated with fava beans. Apart from this, the expansion of hotels, restaurants, and cafes, coupled with the inclusion of fava beans in various dishes and beverages, is augmenting the market growth. Furthermore, food manufacturers are continually expanding their product portfolio by incorporating fava beans into new and exciting products, such as fava-based pasta, chips, and snacks, to attract a wider

consumer base. Moreover, the easy availability of products infused with fava beans through online distribution channels is supporting the market growth. Besides this, ongoing research into fava bean cultivation, breeding, and processing techniques is leading to improved crop yields and product quality, which is supporting the market growth. In addition, the increasing international trade and rise in export activities are offering lucrative opportunities to farmers and suppliers of fava beans to reach global markets.

#### Fava Beans Market Trends/Drivers:

##### Increasing demand for plant-based protein

The shifting consumer preferences for plant-based diets due to concerns about health, sustainability, and animal welfare represents one of the key factors catalyzing the demand for fava beans. Additionally, the rising adoption of veganism and vegetarianism is driving the demand for plant-based products like fava beans. Apart from this, the increasing awareness among individuals about the health benefits associated with reducing meat consumption is offering a favorable market outlook. Moreover, the environmental impact of meat production, including greenhouse gas emissions and land use, is encouraging consumers and food producers to explore sustainable protein alternatives. Fava beans are recognized for their ability to fix nitrogen in the soil, reducing the need for synthetic fertilizers. Furthermore, the rising prevalence of bird flu worldwide is driving the demand for plant-based proteins.

##### Health and nutritional awareness

The rising awareness among the masses about the nutritional content of fava beans is driving their demand across the globe. Fava beans are packed with folate, which supports cell division and the prevention of neural tube defects during pregnancy. Additionally, the increasing participation of individuals in fitness activities and the escalating demand for high protein intake are favoring the market growth. Apart from this, the rising prevalence of digestive health issues is catalyzing the demand for fava beans as they contain dietary fiber that promotes digestive health by aiding in regular bowel movements and supporting gut microbiota. Furthermore, the increasing number of people looking to manage their weight and reduce their saturated fat intake is propelling the market growth. Moreover, the expansion of gyms, aerobic centers, and Zumba classes across the globe is creating a positive market outlook.

##### Sustainable agriculture and crop rotation

The rising emphasis of individuals and farmers on sustainable agriculture practices and crop rotation is another major factor strengthening the growth of the market. Fava beans, as a leguminous crop, have nitrogen-fixing capability that eliminates the need for synthetic nitrogen fertilizers, which contribute to various environmental issues, such as water pollution and greenhouse gas emissions. Apart from this, farmers and agricultural organizations are increasingly recognizing the ecological benefits of incorporating fava beans into crop rotation systems, which is augmenting the market growth. Crop rotation is a time-tested practice that involves alternating different crops on the same piece of land over sequential growing seasons. Additionally, the escalating demand for products that are produced in environmentally responsible ways is creating a positive market outlook. Moreover, several bean companies are collaborating with local farmers and agricultural communities to promote sustainable farming practices. This includes providing training and resources to farmers to improve crop management and reduce environmental impact.

#### Fava Beans Industry Segmentation:

IMARC Group provides an analysis of the key trends in each segment of the global fava beans market report, along with forecasts at the global, regional and country levels for 2024-2032.

#### Breakup by Region:

- China
- Ethiopia
- Australia
- France
- Morocco
- Others

China exhibits a clear dominance, accounting for the largest fava beans market share

The market research report has also provided a comprehensive analysis of all the major regional markets, which include China, Ethiopia, Australia, France, Morocco, and others. According to the report, China accounted for the largest market share due to its diverse geography and favorable climate conditions. Additionally, the availability of vast landmass in Yunnan, Sichuan, and Heilongjiang are well-suited for fava bean cultivation. These regions experience moderate temperatures, sufficient rainfall, and fertile soil, which creates an ideal environment for fava bean growth. Apart from this, China has well-developed logistics networks, including ports and distribution centers,

which facilitate the smooth flow of fava beans from Chinese farms to consumers worldwide. Moreover, Chinese farmers and agricultural experts are committed to continuous improvement in fava bean cultivation. They rely on advanced farming techniques, such as precision agriculture and eco-friendly pest control methods, to increase yields while minimizing environmental impact. Furthermore, they remain proactive in adapting to evolving market demands. They invest in research and development (R&D) activities to create fava bean varieties that are high-yielding and disease-resistant, addressing the challenges of sustainable farming while meeting consumer preferences. In addition, the government of the country provides support and incentives to encourage sustainable agriculture practices and research. This support includes subsidies, access to modern farming technologies, and initiatives to promote agricultural sustainability.

#### Competitive Landscape:

Fava bean companies are actively involved in cultivating and farming fava beans. They are continuously investing in agricultural practices to optimize yields, enhance crop quality, and ensure sustainable farming methods. Additionally, they are expanding their product offerings beyond traditional fava bean varieties like fava bean snacks, spreads, and fava-based protein products to cater to diverse consumer preferences. Apart from this, they are implementing rigorous testing and quality control measures at every stage of production to ensure the safety and quality of their products. Moreover, many companies are focusing on the adoption of sustainable farming practices, packaging materials, and supply chain optimizations to minimize their carbon footprint. Furthermore, many companies are actively engaged in corporate social responsibility (CSR) initiatives focused on sustainability and supporting reforestation projects to reduce water usage in farming. They are also focusing on zero-waste production processes to align with environmental goals. In addition, various companies are actively involved in educating consumers about the nutritional benefits and culinary versatility of fava beans. This includes providing recipes, cooking tips, and nutritional information to encourage broader consumption.

The report has provided a comprehensive analysis of the competitive landscape in the market. Detailed profiles of all major companies have also been provided.

#### Key Questions Answered in This Report

1. What was the size of the global fava beans market in 2023?
2. What is the expected growth rate of the global fava beans market during 2024-2032?
3. What are the key factors driving the global fava beans market?

4. What has been the impact of COVID-19 on the global fava beans market?
5. What are the key regions in the global fava beans market based on the production?

## Contents

### 1 PREFACE

### 2 SCOPE AND METHODOLOGY

- 2.1 Objectives of the Study
- 2.2 Stakeholders
- 2.3 Data Sources
  - 2.3.1 Primary Sources
  - 2.3.2 Secondary Sources
- 2.4 Market Estimation
  - 2.4.1 Bottom-Up Approach
  - 2.4.2 Top-Down Approach
- 2.5 Forecasting Methodology

### 3 EXECUTIVE SUMMARY

### 4 INTRODUCTION

- 4.1 Overview
- 4.2 Key Industry Trends

### 5 GLOBAL FAVA BEANS MARKET

- 5.1 Market Overview
- 5.2 Market Performance
  - 5.2.1 Volume Trends
  - 5.2.2 Value Trends
- 5.3 Impact of COVID-19
- 5.4 Price Analysis
  - 5.4.1 Key Price Indicators
  - 5.4.2 Price Structure
  - 5.4.3 Price Trends
- 5.5 Market Breakup by Region
- 5.6 Market Forecast
- 5.7 Imports and Exports

## 5.8 SWOT Analysis

### 5.8.1 Overview

### 5.8.2 Strengths

### 5.8.3 Weaknesses

### 5.8.4 Opportunities

### 5.8.5 Threats

## 5.9 Value Chain Analysis

### 5.9.1 Input Suppliers

### 5.9.2 Producers

### 5.9.3 Collectors

### 5.9.4 Processors

### 5.9.5 Distributors

### 5.9.6 Retailers/Exporters

### 5.9.7 End-Consumers

## 5.10 Porter's Five Forces Analysis

### 5.10.1 Overview

### 5.10.2 Bargaining Power of Buyers

### 5.10.3 Bargaining Power of Suppliers

### 5.10.4 Degree of Competition

### 5.10.5 Threat of New Entrants

### 5.10.6 Threat of Substitutes

## 5.11 Key Market Drivers and Success Factors

# 6 PERFORMANCE OF KEY REGIONS

## 6.1 China

### 6.1.1 Market Trends

### 6.1.2 Market Forecast

## 6.2 Ethiopia

### 6.2.1 Market Trends

### 6.2.2 Market Forecast

## 6.3 Australia

### 6.3.1 Market Trends

### 6.3.2 Market Forecast

## 6.4 France

### 6.4.1 Market Trends

### 6.4.2 Market Forecast

## 6.5 Morocco

### 6.5.1 Market Trends

- 6.5.2 Market Forecast
- 6.6 Others
  - 6.6.1 Market Trends
  - 6.6.2 Market Forecast

## **7 COMPETITIVE STRUCTURE**

## **8 FAVA BEANS PROCESSING**

- 8.1 Product Overview
- 8.2 Detailed Process Flow
- 8.3 Various Types of Unit Operations Involved
- 8.4 Mass Balance and Raw Material Requirements

## **9 PROJECT DETAILS, REQUIREMENTS AND COSTS INVOLVED**

- 9.1 Land Requirements and Expenditures
- 9.2 Construction Requirements and Expenditures
- 9.3 Plant Machinery
- 9.4 Machinery Pictures
- 9.5 Raw Material Requirements and Expenditures
- 9.6 Raw Material and Final Product Pictures
- 9.7 Packaging Requirements and Expenditures
- 9.8 Transportation Requirements and Expenditures
- 9.9 Utility Requirements and Expenditures
- 9.10 Manpower Requirements and Expenditures
- 9.11 Other Capital Investments

## **10 LOANS AND FINANCIAL ASSISTANCE**

## **11 PROJECT ECONOMICS**

- 11.1 Capital Cost of the Project
- 11.2 Techno-Economic Parameters
- 11.3 Product Pricing and Margins Across Various Levels of the Supply Chain
- 11.4 Taxation and Depreciation
- 11.5 Income Projections



11.6 Expenditure Projections

11.7 Financial Analysis

11.8 Profit Analysis

## List Of Tables

### LIST OF TABLES

Table 1: Global: Fava Beans Market: Key Industry Highlights, 2023 and 2032

Table 2: Global: Fava Beans Market Forecast: Breakup by Region (in '000 Tons), 2024-2032

Table 3: Global: Fava Beans Market: Competitive Structure

Table 4: Global: Fava Beans Market: Export Data of Major Countries

Table 5: Global: Fava Beans Market: Import Data of Major Countries

Table 6: Fava Beans Processing Plant: Costs Related to Land and Site Development (in US\$)

Table 7: Fava Beans Processing Plant: Costs Related to Civil Works (in US\$)

Table 8: Fava Beans Processing Plant: Costs Related to Machinery (in US\$)

Table 9: Fava Beans Processing Plant: Raw Material Requirements (in Tons/Day) and Expenditure (US\$/Tons)

Table 10: Fava Beans Processing Plant: Costs Related to Salaries and Wages (in US\$)

Table 11: Fava Beans Processing Plant: Costs Related to Other Capital Investments (in US\$)

Table 12: Details of Financial Assistance Offered by Financial Institutions

Table 13: Fava Beans Processing Plant: Capital Costs (in US\$)

Table 14: Fava Beans Processing Plant: Techno-Economic Parameters

Table 15: Fava Beans Processing Plant: Taxation and Depreciation (in US\$)

Table 16: Fava Beans Processing Plant: Income Projections (in US\$)

Table 17: Fava Beans Processing Plant: Expenditure Projections (in US\$)

Table 18: Fava Beans Processing Plant: Cash Flow Analysis Without Considering the Income Tax Liability (in US\$)

Table 19: Fava Beans Processing Plant: Cash Flow Analysis on Considering the Income Tax Liability (in US\$)

Table 20: Fava Beans Processing Plant: Profit and Loss Account (in US\$)

## List Of Figures

### LIST OF FIGURES

- Figure 1: Global: Fava Beans Market: Major Drivers and Challenges
- Figure 2: Global: Fava Beans Market: Volume Trends (in Million Tons), 2018-2023
- Figure 3: Global: Fava Beans Market: Value Trends (in Billion US\$), 2018-2023
- Figure 4: Fava Beans Market: Price Structure
- Figure 5: Global: Fava Beans Market: Average Prices (in US\$/Ton), 2018-2023
- Figure 6: Global: Fava Beans Market: Breakup by Region (in %), 2023
- Figure 7: Global: Fava Beans Market Forecast: Volume Trends (in Million Tons), 2024-2032
- Figure 8: Global: Fava Beans Market Forecast: Value Trends (in Billion US\$), 2024-2032
- Figure 9: Global: Fava Beans Market: Export Volume Trends (in Tons)
- Figure 10: Global: Fava Beans Market: Breakup by Export Volume (in %)
- Figure 11: Global: Fava Beans Market: Import Volume Trends (in Tons)
- Figure 12: Global: Fava Beans Market: Breakup by Import Volume (in %)
- Figure 13: Global: Fava Beans Industry: SWOT Analysis
- Figure 14: Global: Fava Beans Industry: Value Chain Analysis
- Figure 15: Global: Fava Beans Industry: Porter's Five Forces Analysis
- Figure 16: China: Fava Beans Market (in '000 Tons), 2018 & 2023
- Figure 17: China: Fava Beans Market Forecast (in '000 Tons), 2024-2032
- Figure 18: Ethiopia: Fava Beans Market (in '000 Tons), 2018 & 2023
- Figure 19: Ethiopia: Fava Beans Market Forecast (in '000 Tons), 2024-2032
- Figure 20: Australia: Fava Beans Market (in '000 Tons), 2018 & 2023
- Figure 21: Australia: Fava Beans Market Forecast (in '000 Tons), 2024-2032
- Figure 22: France: Fava Beans Market (in '000 Tons), 2018 & 2023
- Figure 23: France: Fava Beans Market Forecast (in '000 Tons), 2024-2032
- Figure 24: Morocco: Fava Beans Market (in '000 Tons), 2018 & 2023
- Figure 25: Morocco: Fava Beans Market Forecast (in '000 Tons), 2024-2032
- Figure 26: Others: Fava Beans Market (in '000 Tons), 2018 & 2023
- Figure 27: Others: Fava Beans Market Forecast (in '000 Tons), 2024-2032
- Figure 28: Fava Beans Processing: Detailed Process Flow
- Figure 29: Fava Beans Processing: Conversion Rate of Feedstocks
- Figure 30: Fava Beans Processing Plant: Breakup of Capital Costs (in %)
- Figure 31: Fava Beans Industry: Profit Margins at Various Levels of the Supply Chain
- Figure 32: Fava Beans Processing Plant: Manufacturing Cost Breakup (in %)

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