**Abstract Submission**

**Please confirm the below:**

**Presentation type:** oral only, oral or poster, poster only

**Career Stage:** student or early career researcher (within 5 years of graduating)

**Title:**

*(maximum 50 words including spaces)*

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*(last name followed by first and middle name initials, presenting author underlined)*

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*(using superscript numbers with institutions’ name, please, include city and country)*

Oh, humble legume, small but mighty bean, in pods you hide, a treasure unforeseen. From lentil's fire to chickpea's golden heart, you nourish bodies, play a vital part. Your roots reach deep, enriching fertile soil, fixing nitrogen, a natural toil. With minimal needs, you grow in sun and rain, a sustainable bounty, easing hunger's pain.

In soups and stews, you lend a hearty hand, with curries spiced or simply cooked and bland. In salads bright, your crunchiness takes hold, a protein punch, a story yet untold. From hummus smooth to falafel's crispy shell, you transform with skill, a culinary spell. With spices kissed and textures ever new, you tempt the tastebuds, vibrant, bold and true. So let us raise a toast to legumes small, the unsung heroes, standing tall. For protein rich and fibre’s gentle sweep, for health and flavour, we'll forever keep.

The legume's legacy, a gift from earth, a symbol of abundance, life's inherent worth. So let us eat and sing the legume's praise, for in each bite, a symphony of days.

*(maximum 250 words, but title, authors and affiliations are not included; figures or tables are not allowed)*

***References:***

*[1] http://generator.lorem-ipsum.info/*

*[2] Doe J. et al, The life of a soybean from the birth, Nothinghill, Sample University Press, 2004.*

*[3] Smith K., 'Unique habits of Jack’s beanstalk’, Bean Lovers’ Journal, vol. 10, no. 1, 2010, p. 149.*

*(max. 5 references (first author followed by et al., year of publication, journal abbreviation, volume and pages)*