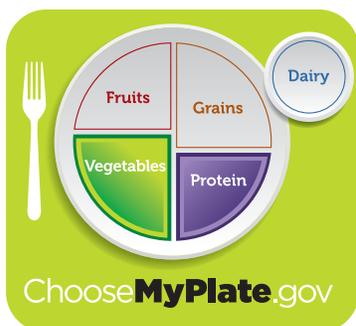


# Chickpeas



## Did You Know

- The name chickpea comes from their similarity of appearance to a chick. Can you find its beak?
- The chickpea plant produces small white, pink, or violet-colored flowers. Their pods are small, round, and hairy. Each pod contains 1-3 chickpeas.
- Not all chickpeas are beige when dried. Some chickpeas are red, green, or black.
- Chickpeas have been grown and consumed by civilizations all around the world for over 7,000 years.



## Gardening & Agriculture

Since only 1-3 chickpeas are in each pod with several pods on each plant, chickpeas are not often found in home gardens. Montana farmers plant chickpeas in the spring (in May). Once the pods are mature in late summer (August – September), the plants are either swathed (cut down) and then dried or sprayed with a desiccant, which is a chemical that dries out the plants. Next, a combine drives through the field, harvesting and threshing the plants. Threshing is the process of separating the chickpea seeds that we eat from the rest of the plant. The chickpeas are transported and further sorted to remove unwanted plant material and debris, like small rocks, that are picked up during harvesting.



## Buying Tips

Kabuli (larger and most common in the U.S.) and desi (smaller) are the main varieties of chickpeas grown. Chickpeas are available as whole chickpeas either cooked and canned or dry and uncooked, as well as in processed forms such as pasta, flour, etc. Store chickpeas in airtight containers in a cool, dry place for up to a year. Cooked chickpeas may be refrigerated up to 5 days or frozen for up to 3 months.



## Conversation Starters

- Use a chickpea to mimic a chick. What sounds do chicks make? *Chirp chirp chirp!*
- Chickpeas roll around in the mouth because they are small and round. What else is small and round?
- When you chew your chickpeas, they get mushy. What else is mushy?

## Book Nook

*One Little Bean*, by Cecil Kim

*One Bean*, by Anne Rockwell

*The Flying Garbanzos*, by Barney Saltzberg



## Dig Deeper

For sources and photo credits along with more recipes, lessons, quick activities, resources, and guides, visit:

[www.montana.edu/mtharvestofthemonth](http://www.montana.edu/mtharvestofthemonth).

## Bistro Chickpea Salad Sandwich

Servings:

6

Ingredients:



Tools:



Directions:

Cook dried chickpeas: One cup of dried chickpeas is equivalent to two cups (11.6 oz) cooked chickpeas.

- Soak dry chickpeas using one of two methods:
  - Overnight soak: Cover a pot of water and chickpeas. Place in the refrigerator and soak overnight.
  - Quick soak: Bring chickpeas to a boil. Reduce heat and simmer for 2-3 minutes. Remove from heat and cover the pot to allow the chickpeas to soak for 1 hour until the chickpeas expand to 2-3 times their dry size.
- Cook soaked chickpeas: add soaked and drained chickpeas to water (1 cup chickpeas per 3 cups water). Bring to a boil and simmer for 45-60 minutes or until tender. When chickpeas can be mashed by a fork, they are done. Pour through a colander to remove excess water.
- Chop celery, green peppers, and green onions.
- In a bowl or mixer, add mayonnaise, relish, and mustard.
- Stir in celery, green peppers, green onions, and chickpeas.
- Mix well.
- Assemble sandwiches by placing 3/4 cup chickpea mixture onto slice of bread, top with 1/4 cup spinach and add second slice of bread. Serve chilled.

## 2 Montana Harvest of the Month: Chickpeas



The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, and Montana Department of Agriculture. More information and resources are available at: [www.montana.edu/mtharvestofthemoth](http://www.montana.edu/mtharvestofthemoth).

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