

**April 2023**

**Your School Name/Logo**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  |  |  |  |
| 3Write Here | 4Write Here | 5Write Here | 6Write Here | 7Write Here |
| 10Write Here | 11Write Here | 12Write Here | 13Write Here | 14Write Here |
| 17Write Here | 18Write Here | 19Write Here | 20Write Here | 21Write Here |
| 24Write Here | 25Write Here | 26Write Here | 27Write Here | 28Write Here |



**Chickpeas** are this month’s Harvest of the Month. Did you know…

* Chickpeas, also called garbanzo beans, have been enjoyed as a nutritious food source for 7,000 years. The name chickpea comes from their similarity of appearance to a chick’s beak.
* Chickpeas are a nutrient powerhouse. They are an excellent source of many nutrients including potassium, calcium, iron, vitamin B-6, and magnesium.
* Montana’s production of chickpeas is growing. In 2016, Montana farmers harvested 254,000 acres of chickpeas.

To learn more about Montana Harvest of the Month visit: https://mtharvestofthemonth.org/