

**May 2024**

**Your School Name/Logo**

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  | 1Write Here | 2Write Here | 3Write Here |
| 6Write Here | 7Write Here | 8Write Here | 9Write Here | 10Write Here |
| 13Write Here | 14Write Here | 15Write Here | 16Write Here | 17Write Here |
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**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/