

Chickpeas

How do Chickpeas grow?



Describe the seed

Describe the plant

Color: _____

Size: _____

Shape: _____

Uses: _____

Fun Fact: _____

For more information visit <https://mtharvestofthemoth.org/>

Chickpeas

Use your five senses to describe the Chickpeas
How many descriptive words can you list for each sense?

Sound

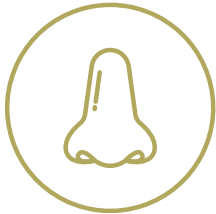


5

SENSES



Sight



Smell

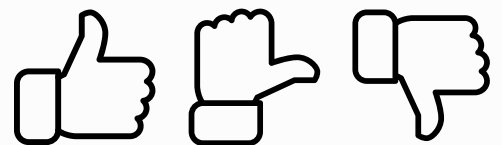


Touch



Taste

RATE your Chickpeas

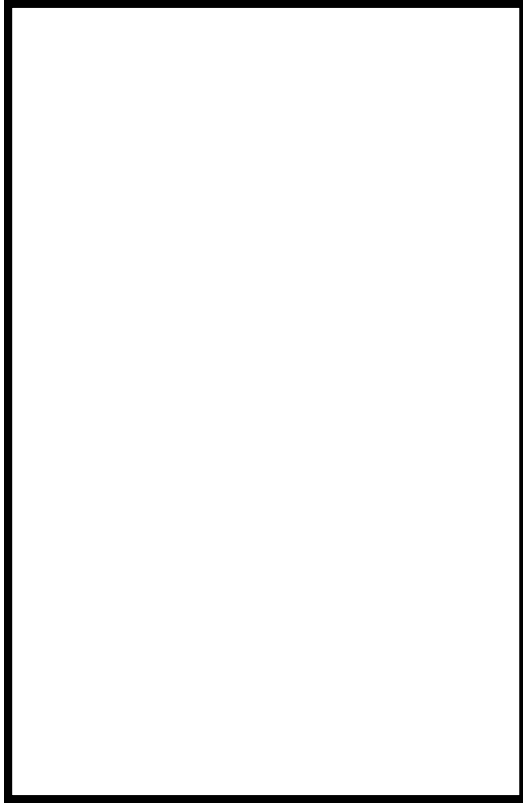




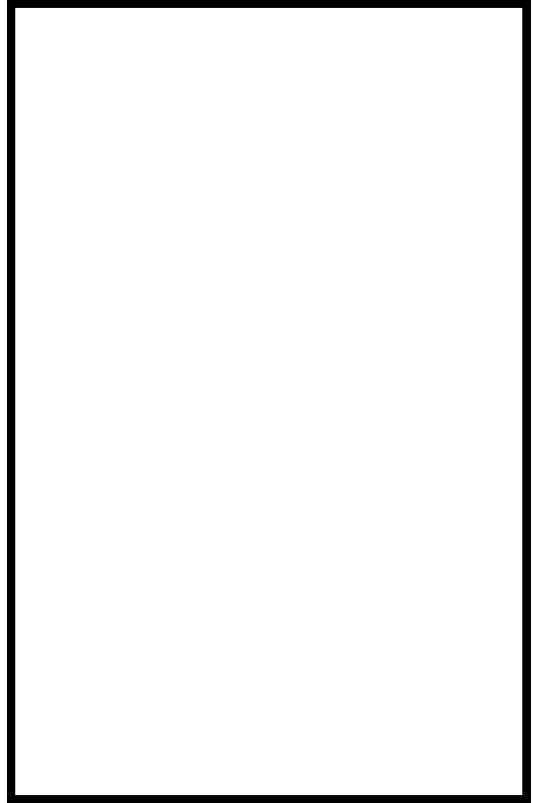
Chickpeas

Design your own seed packet

Front



Back



Here's the information that needs to be on your seed packet:

Front: Drawing of the seed/plant
Common name - Chickpea or Garbanzo Beans
Variety name - "Marvel" or "Myles"
Scientific Name - *Cicer arietinum*
Key traits - Labels such as: "heirloom", "organic," "Non-GMO," or "drought tolerant"
Seed Count - How many are there?

Back: Planting instructions

Depth - Usually recommended at 1 inch deep
Spacing - Seeds should be spaced roughly 3 to 5 inches apart within rows, with rows 18 to 24 inches apart
Days to Germination - 7 to 14 days
Days to Harvest - Generally 90 to 100 days
Plant Height - Bush-type plants usually reach 18 to 24 inches
Sunlight - Full Sun
Soil - Prefers well-draining, loamy, or sandy soil with a pH of 6.0 to 6.8
Seasonal Guidance: Many packets include a USDA Hardiness Zone map to help determine the best planting window for your specific regions like the cooler climates of Montana



Montana Farmers Union has worked more than 100 years for family farms, ranches, and rural communities. MFU supports its members through: Strong education programs for both youth and adults, by advocating member-driven policies and legislation at the state and federal level, and cooperation through producer-owned co-ops.

For more information or to join, visit www.montanafarmersunion.com.



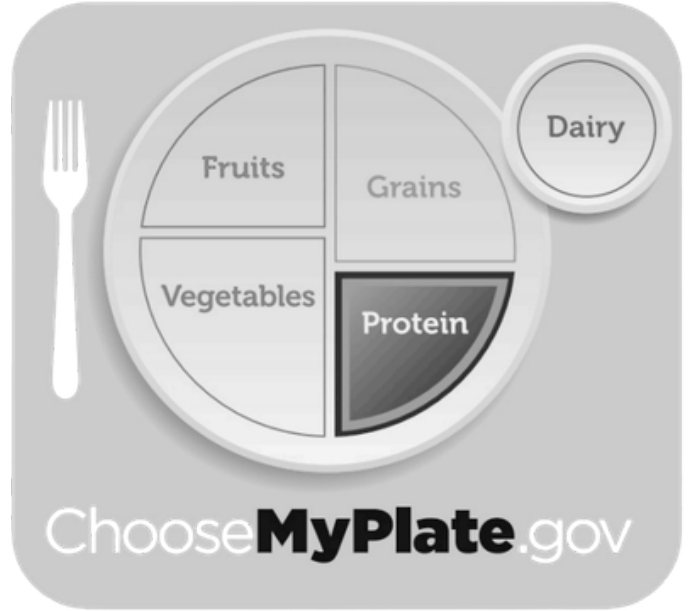
Chickpeas

Design a Well Rounded Plate with Chickpeas

*bonus points the more Montana grown food you use

Use this information from the Harvest of the Month- Cafeteria Bites for Chickpeas:

Chickpeas are a nutrient powerhouse. They are an excellent source of many nutrients including potassium, calcium, iron, vitamin B-6, and magnesium. Magnesium can help prevent migraines, ensure strong bones, regulate blood pressure, and manage blood sugar, among many other important functions in the body. Like other legumes, they provide protein and fiber. In 1 cup of chickpeas, there are 39 grams of protein! Fiber is important for a healthy digestive system, lowering cholesterol, and helping to manage weight. These gems are perfect for school nutrition programs as they credit as either a vegetable, legume, or a meat alternate and are an affordable protein.



My Menu:

Fruits: _____

Vegetables: _____

Grains: _____

Protein: _____

Dairy: _____



Montana Farmers Union has worked more than 100 years for family farms, ranches, and rural communities. MFU supports its members through: Strong education programs for both youth and adults, by advocating member-driven policies and legislation at the state and federal level, and cooperation through producer-owned co-ops. For more information or to join, visit www.montanafarmersunion.com.