



## Harvest of the Month

# Garbanzo Beans

### Nutrition Information

- Chickpeas are a great source of protein, fiber, and carbohydrates. They are especially high in manganese, folate (Vitamin B9), and copper.
- Chickpeas are a safe option for those with gluten sensitivities or celiac disease.

### Selection and Storage

- Pick beans that look smooth and are all about the same size. Avoid beans that are cracked, discolored, or have moldy spots. They should feel firm and dry.
- After cooking, store them in a sealed container in the fridge. They'll stay good for about 3–4 days. You can also freeze them for longer storage (up to 6 months).
- If you want to store dried beans for a really long time, use vacuum-sealed bags or airtight containers.

### Fun Facts

- Chickpeas are also called "garbanzo beans." The name comes from the little point on the bean that looks like a baby chick's beak.
- Chickpeas have been around for thousands of years, with evidence showing they were used in Turkey as far back as 5450 BCE. Today, they're a key part of dishes like Middle Eastern hummus and Indian curries.
- Most people know the beige chickpeas, but they also come in colors like black, green, red, and pink.
- Eastern Washington's Palouse region is an excellent environment for chickpeas due to its warm, dry climate.

## Recipes\*

- [Beet Hummus-ICN Recipe Box](#)
- [Chickpea Masala-ICN Recipe Box](#)
- [Creamiest Chickpea Curry-ICN Recipe Box](#)
- [Black Bean Hummus-ICN Recipe Box](#)
- [Spanish Chickpea Stew-ICN Recipe Box](#)
- [Sweet Potato Hummus-ICN Recipe Box](#)
- [Tasty Tots-ICN Recipe Box](#)



## Educational Resources

- [Chickpeas YouTube video, general information](#) - Montana Harvest of the Month
- New Hampshire Farm to School has great activity kits for a number of produce items including [Pulses, Beans+Legumes Harvest Lessons](#) (K-2) . They also offer home kits for Beans, Pulses, and Legumes, including cooking tips and mini-activities ([English](#)) ([Spanish](#)) ([French](#)), as well as [videos](#) on this food category.
- [Three Classroom & Garden-Based Lessons: Pulse Nutrition & Biology](#) (Grade 4)- Whatcom Farm to School
- [Bean Education Resources](#)-Whatcom Farm to School
- [Dry Bean Education Materials](#) – Whatcom Farm to School

## Sourcing

- Use the [Washington Food and Farm Finder](#) to find Garbanzo Beans and other seasonal foods from local producers. Check out the WSDA Finding Farms webpage for other resources.
- Can't find Garbanzo Beans in your area to feature? Substitute Pinto Beans, Black Beans, Lentils, or Kidney Beans for Garbanzo Beans which are also available in March.
- Contact OSPI at [farmtocnp@k12.wa.us](mailto:farmtocnp@k12.wa.us) or WSDA at [farmtoschool@agr.wa.gov](mailto:farmtoschool@agr.wa.gov) for support finding Harvest of the Month foods.

\*As a reminder, the School Food Authority (sponsor) is responsible for ensuring standardized recipes and menus meet meal pattern requirements.

**For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).**