



PULSES: LENTILS AND GARBANZOS

What is It?

- Pulses are the dry, edible seeds of legumes. Pulses include lentils and garbanzo beans—also known as chickpeas. Dried beans and peas are also pulses.
- Pulses, like all legumes, add nitrogen to the soil, improving soil health. This makes them a good crop to grow the season before planting wheat or other grains.
- Washington is among the major producers of pulse crops in the United States, along with Montana, North Dakota, South Dakota, Idaho, and Oregon. However, it is becoming more common for growers across the United States to plant pulses in their crop rotations.
- Garbanzo beans have been enjoyed as a nutritious food source for 7,000 years.
- The name chickpea comes from the Latin word *cicer*, referring to the plant family of legumes, Fabaceae. It is also known by its popular Spanish-derived name, the garbanzo bean.
- Lentils were one of the first crops cultivated by humans.

Grow It

- Lentils and garbanzo beans are less common choices for school gardens because they require a large amount of space to grow enough for a meaningful harvest, and they need to be shelled before eating, which adds extra work. However, they can be a great learning crop and are a good option for planting otherwise empty garden beds as part of a crop rotation plan.
- As cool season plants, they can be planted in the early spring before the last frost has passed. Choose a spot that gets full sun, with loose, well-drained soil. Lentils should be planted about one inch deep, while garbanzos can be planted one and a half to two inches deep. Space plants 4–6 inches apart.
- Stop watering once seed pods begin to dry. Harvest when pods are fully dried out—about 80–100 days, depending on the variety. After harvest, seeds should be removed from pods for storage. They can be eaten or saved as seeds for the next season's crop.





Make It

Recipe: Lentil Soup
Yield: 11 servings

Ingredients	Directions
<ul style="list-style-type: none">• 2 tablespoons olive oil• 2 medium carrots, diced• 2 medium stalks celery, chopped• 1 small yellow onion, chopped• 2 cloves garlic, minced• 1 teaspoon dried oregano• 1 teaspoon dried basil• 1/2 teaspoon ground black pepper• 2 cups dry lentils• 1 14.5- ounce can crushed tomatoes• 2 cups vegetable broth• 6 1/2 cups water	<ol style="list-style-type: none">1. Wash carrots and celery under cool running water.2. In a large soup pot, heat oil over medium heat. Add carrots, celery, and onions; cook and stir until the onion is tender.3. Stir in garlic, oregano, basil, and pepper. Cook for 2 minutes.4. Stir in lentils and tomatoes, then add the vegetable broth and water. Cover and bring to a boil. Reduce heat and simmer for at least 1 hour or until lentils are tender.5. Store leftovers in the refrigerator and reheat on the stove or in the microwave. The soup will taste better the next day!

Recipe adapted from [WA SNAP-Ed](#).



Chickpeas, credit: WSDA



Make It

Recipe: Dry Roasted Garbanzo Beans
Yield: 8 servings

Ingredients	Directions
<ul style="list-style-type: none"> • 2 15-ounce cans garbanzo beans, drained and rinsed • 1/2 teaspoon salt • 1/2 teaspoon black pepper • 1 teaspoon garlic powder or 4 cloves of garlic, minced • 1 teaspoon onion powder • 1 teaspoon dried parsley flakes • 2 teaspoons dried dill • Vegetable oil 	<ol style="list-style-type: none"> 1. Preheat oven to 400 degrees F. 2. Dry beans with paper towels to prevent "popping" in the oven. 3. In a small bowl, mix together salt, pepper, garlic powder, onion powder, parsley and dill weed. 4. Lightly grease a rimmed baking sheet. Pour garbanzo beans onto baking sheet and spread in a single layer. 5. Lightly drizzle vegetable oil over beans. Sprinkle seasoning mix over the beans. Shake pan to spread the seasoning and end with the beans in a single layer. 6. Place the baking sheet on the lowest rack in the oven. Cook until beans are crispy and brown, about 30 to 40 minutes. Gently shake and turn the pan every 10 to 15 minutes to avoid burning the beans. Let cool before serving.

Notes

- Try other spices such as taco seasoning, dry ranch seasoning, curry powder or harissa spice mix.
- Dry roasted garbanzo beans will keep up to 2 weeks in a sealed, airtight container at room temperature. Reheat at 400 degrees F on a baking sheet for 5 minutes to make them crisp again.
- No canned garbanzo beans? Cook your own from dry. You will need about 3 cups cooked beans for this recipe.

Recipe adapted from Oregon Food Hero.

Eat It

Lentils and chickpeas are nutrient powerhouses and are excellent sources of many important nutrients, including electrolytes, iron, B vitamins and other antioxidants. They are packed with protein, which is essential for muscle repair and growth. Just one cup of chickpeas provides 39 grams of protein! Pulses are also rich in fiber, which is important for maintaining a healthy heart and digestive system and regulating blood sugar. Together, their nutrient makeup helps support healthy heart, blood, muscles, skin, and immune function.

Read It

- Lentil Soup, by Joe Lasker
- Lentil Soup, written by Carole Tremblay, illustrated by Maureen Poignonec
- Burfert and the Garbanzo Beans, written by Rosi Amazing, illustrated by Andreea Togoe
- The Sandwich Swap, by Queen Rania Al Abdullah & Kelly DiPucchio

Find It

- Washington garbanzos and lentils may be available in grocery stores. Check the product label or shelf tag to see where they were. They can also sometimes be found at Washington state's many farmers markets, farm stands, and other local markets.
- Search for local farms and markets that sell Washington-grown garbanzos and lentils here: [Washington Food & Farm Finder - Eat Local First](#)
- Find a farmers market near you here: [Farmers Market in Washington](#). Many farmers markets and vendors accept WIC Farmers Market Nutrition Program, WIC Fruit and Vegetable Benefit, and SNAP Market Match.

Play It

Enjoy the coloring activity on the next page from Oregon Food Hero!



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**Regional
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SNAP-Ed

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Name _____

Lentils



I like lentils because

_____.

