

Chickpeas

Chickpeas are one of the Eight Founder Crops that form the foundation of all agriculture, along with einkorn wheat, emmer wheat, barley, lentils, peas, bitter vetch, and either flax or linseed.



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**CHICKPEA
FACT**

1

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Chickpeas

The oldest chickpeas found so far are from Syria, from 10,250 years ago. The chickpea found its way from Jericho in the Middle East, to Genoa in Italy via the Silk Road, the largest trading path of the ancient world.



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There are two distinct types of chickpeas — desi and kabuli. The desi is a small, angular seed that comes in various colors. The kabuli is a larger seed that is typically light tan and round with a small beak.



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Chickpeas are a whole planet crop! India grows, eats, and imports the most chickpeas. Australia exports the most, followed by Russia, India, and Mexico.

Montana, Washington, Idaho, and North Dakota grow the most chickpeas in the United States.



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The Moroccan Arabic word for chickpeas is *haymus*! Does that word sound familiar? That's because chickpeas are the main ingredient in hummus, the dip you have with carrot sticks and the spread on the veggie wraps in the school cafeteria.



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Chickpeas are popular across the global food chain because they are easy to grow.

They're in the legume category, so the plants create a fertilizer called nitrogen in the soil, rather than taking nitrogen away, as corn, wheat, and many vegetables do.



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Chickpeas

Chickpeas can be dried, or canned, or ground into flour, which are the main ways we can find chickpeas at the supermarket.

You can even buy chickpea pasta and chickpea snacks! Canned and dried chickpeas will last a long time on the shelf.



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Chickpeas

Chickpeas are a good, and inexpensive, source of protein — much less expensive than meat and dairy products.

Because they're high in protein and fiber, they're great for powering you through a day of classes and on the playground or sports.



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Chickpeas can be eaten fresh or they can be dried and stored for later use.

In areas where they grow a lot of chickpeas, such as Mexico, India, and Africa, you can buy them raw, just like green beans or peas, during chickpea season.



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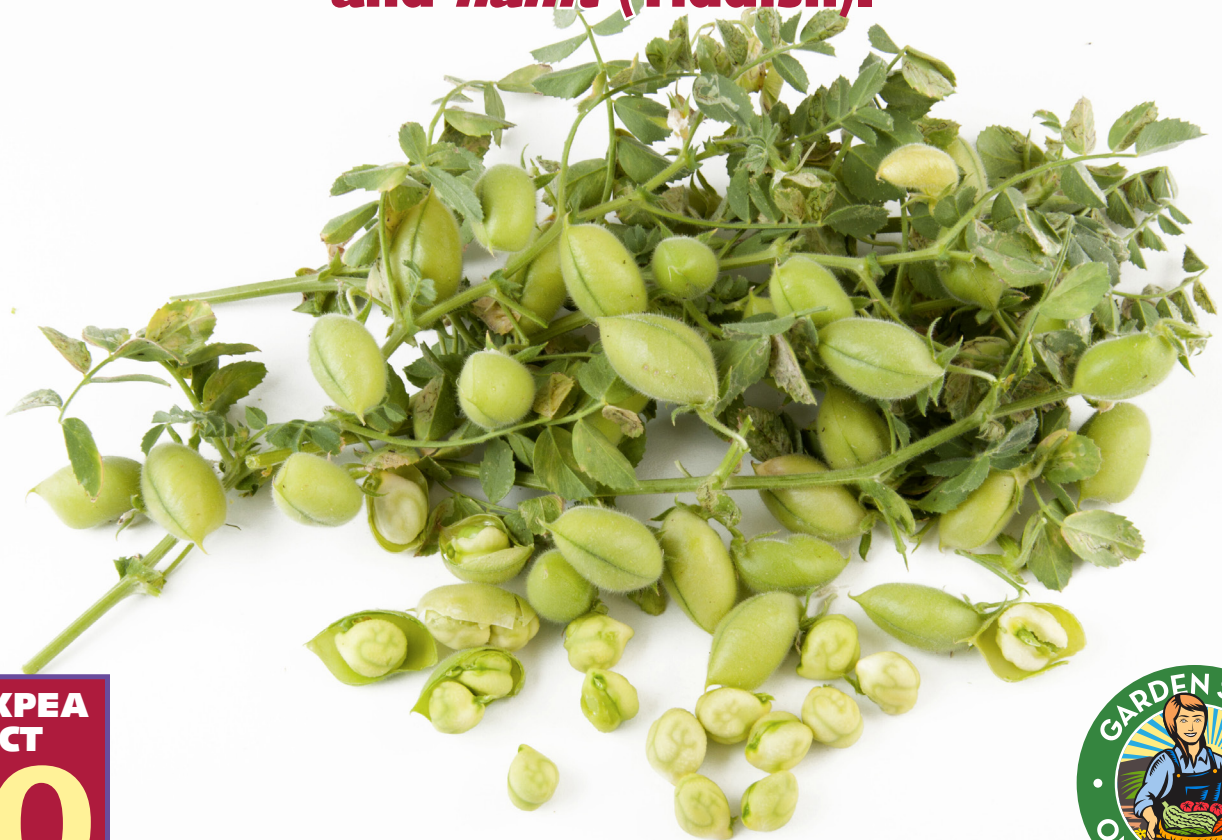


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Chickpeas

Almost every language has a word for chickpeas because they've been around for a very long time.

Chickpeas (English) are also called garbanzo (Spanish), *chana* or *Bengal gram* (Hindi), *chichepois* (French), *ceci* (Italian), *kichererbse* (German), *erebinthos* (Greek), and *nahit* (Yiddish).



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