



# Connecting New Jersey Farms to Local Schools

## Chickpeas are the featured item in our Garden State on Your Plate tastings!

### Our Garden State on Your Plate Chickpea Tasting

begins with a taste of plain, cooked chickpea, which the students season with rosemary-infused salt and a squeeze of lemon. They then taste roasted chickpeas, followed by a savory hummus and a (slightly) sweet hummus. Students are asked to pay attention to how roasting changes the flavor and texture of chickpeas and to consider other ingredients that could be used in hummus.

### Chickpea Plant:

Although chickpeas are also called garbanzo beans, they are neither a pea nor a bean. Chickpeas are legumes, which means that, along with providing food for people, they can also feed and enrich the soil with nitrogen. Through a symbiotic relationship with microbes on its roots, the chickpea is part of a process that transforms atmospheric nitrogen into a form that can be used by plants. Chickpea plants use this nitrogen for their own growth and leave residual nitrogen in the soil, which can be used by subsequent crops.



### Fresh Chickpeas in the Pod

can be eaten like edamame. Steam them in the pod and then pop them out of the shell for a quick snack. Fresh chickpeas can also be charred in their pods in a cast iron skillet and then salted and served. Let the pods cool slightly before handling.

**Green Chickpeas**, removed from the pod, can be prepared by boiling, steaming, stir frying, or roasting.

See Garden State on Your Plate photos on Facebook at [www.facebook.com/psgcoop.org](http://www.facebook.com/psgcoop.org)

## Roasted Chickpea Burritos

makes 4 to 6 burritos • Prep Time: 15 min + Cook Time: 40 min • *recipe courtesy of Chef Coby Farrow*

### Filling

- 1 large yellow onion, chopped
- 1 red bell pepper, chopped
- 1 large crown of broccoli, chopped into bite-sized pieces
- 3 cups cooked chickpeas or 2 15-ounce cans, drained
- 3 tablespoons olive oil
- 2 tablespoons soy sauce or tamari
- 3-4 cloves of garlic, minced
- 1/2 lime, juiced (or more, depending on taste)

### Spice Blend

- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground coriander (or more cumin)
- cayenne pepper to taste (start with a dash)

### Assembly

- tortillas
- avocado
- spinach
- lettuce
- cilantro
- salsa
- plain yogurt or sour cream

1. Heat the oven to 425°F.
2. Place all the chopped veggies (aside from the garlic) in a large bowl with the cooked chickpeas.
3. Mix the spices together in a small bowl. Pour in the oil and soy sauce, stir, and drizzle over veggies. Mix until all the vegetables are covered.
4. Transfer to large rimmed baking sheet, leaving plenty of room for heat to circulate, and roast for 20 minutes. Remove from oven, add the garlic, and mix to combine. Return to oven and roast for 5 to 15 minutes, depending on desired browning.
5. Remove from oven. Add lime juice and stir to combine. Taste and adjust seasonings. Serve warm or at room temperature, with desired condiments.

### Ingredients that Go Well with Chickpeas

basil • bay leaf • bell peppers • carrots • cauliflower • celery  
chilies • cilantro • citrus • coconut • coriander • couscous  
cumin • curry spices • eggplant • feta • garlic • ginger • kale  
lentils • mint • mushrooms • olives • onions • parsley  
spinach • sumac • Swiss chard • tahini • tomatoes • yogurt

### Words that Describe the Flavor, Color, and Texture of Chickpeas

bean-y • bland • buff-colored • buttery • chalky • creamy  
earthy • golden brown • grainy • grassy • gritty • mealy  
metallic • mushy • neutral • nutty • plain • rosy-beige  
slightly sweet • smooth • soft • starchy • sunny-colored  
sweet • tender • toothsome • vegetal • versatile

### GARDEN STATE ON YOUR PLATE CHICKPEA FACTS

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.

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.

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.

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.

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.

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.

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.

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.

Chickpeas can be eaten fresh or they can be dried and stored for later use. In areas where they grow a lot of chickpeas, like Mexico, India, and Africa, you can buy them raw, just like green beans or peas, during chickpea season.

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).



**Garden State on Your Plate** is a series of four school-wide produce tasting in each of the Princeton elementary schools. The emphasis is on a New Jersey produce item, the different ways it can be prepared, and how the flavor can be altered by the chef and the students. Children learn about farming and cooking, and gain flavor power—the ability to personalize their item using salt and citrus. In support of the tastings, children will learn about each farm item through a variety of classroom- and garden-based lessons.



Founded in 2006, Princeton School Gardens Cooperative fosters garden- and food-based education in the classroom, cafeteria and community • [PSGCOOP.ORG](http://PSGCOOP.ORG)