**Montana Harvest of the Month logo**

Newsletter + Social Media Content

Chickpeas

Instructions

Please adapt and use the verbiage, logos, and images included below for your newsletter, staff announcements, menus, social media posts, etc. To use the verbiage below, please copy and paste the desired language into your document or social media platform. Be sure to add your site-specific information in the sections with {brackets}. The Montana Harvest of the Month logos and illustrations are included for your use as well. For more information, additional guides and resources, or to download logos and illustrations visit [https://mtharvestofthemonth.org.](https://mtharvestofthemonth.org/) Registered sites can download all materials on the Harvest of the Month Online Portal.

Announcement/Newsletter Verbiage

**April Harvest of the Month: Chickpeas**

Chickpeas, also called garbanzo beans, have been enjoyed as a nutritious food source for 7,000 years. The name chickpea comes from their similarity of appearance to a chick’s beak. Like other legumes, chickpeas have root nodules that fix nitrogen, which helps to improve the soil. This bushy plant varies in height from 8 inches to 3 feet and grows best in dry climates. Each pod contains 1-3 chickpeas.

Most chickpeas are beige in color, but this can vary to include black, red, yellow, and green. Kabuli (larger and most common in the U.S.) and desi (smaller) are the main varieties of chickpeas grown. Chickpeas are available as whole chickpeas either cooked and canned or dry and uncooked, as well as in processed forms such as pasta, flour, etc.

This month, chickpeas from {INSERT TOWN OR FARM HERE IF MONTANA/LOCALLY GROWN} will be featured for {INSERT MEAL} on {INSERT DAY}! Students can vote if they “Tried it, Liked it, or Loved it” after trying the Harvest of the Month item in the {INSERT LOCATION OF VOTING, *remove this section if you are not conducting a voting or a taste-test*}*.*

Social Media Posts

**Suggestions for Social Media Posts: Chickpeas**

Chickpea or garbanzo bean? Either way, it is a delicious and quite nutritious food and this month’s #MTHarvestoftheMonth! They are an excellent source of many nutrients including potassium, calcium, iron, vitamin B-6, magnesium, protein, and fiber! Learn more and get cooking tips at: <http://bit.ly/homchickpeas>

 Healthy for you and healthy for the earth! Like other legumes, chickpeas have root nodules that fix nitrogen, which helps to improve soil. Chickpeas are this month’s #MTHarvestoftheMonth. Learn more at: <http://bit.ly/homchickpeas>

Chickpeas are delicious as a roasted snack, hummus, or in pasta salad! Check out this month’s #MTHarvestoftheMonth at: <http://bit.ly/homchickpeas>

Did you know that chickpeas range in color from beige to black? Learn more about this month’s tasty and nutritious #MTHarvestoftheMonth at: <http://bit.ly/homchickpeas>

Logos and Illustrations

The logos and illustrations included below are also available for registered sites to download on the Harvest of the Month Online Portal. To use the images from this document, copy and paste the images from this document to your document.

chickpea plant root to stem

close up of black and beige chickpeas



The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, and Montana Department of Agriculture. More information and resources are available at: [www.montana.edu/mtharvestofthemonth](http://www.montana.edu/mtharvestofthemonth/).

Funds were provided in part by USDA Team Nutrition Training grants, Northern Pulse Growers Association, Montana Department of Public Health and Human Services, Montana Pulse Crop Committee, Montana Specialty Crop Block Grant Program.  USDA is an equal opportunity provider. The Montana State University Extension Service is an ADA/EO/AA/Veteran’s Preference Employer and Provider of Educational Outreach. This publication was supported by the Grants or Cooperative Agreements Numbers, 6 U58DP004818-03-01 & 5 U58DP004818-03-00, and funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the DPHHS.

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