

**May 2025**

**Your School Name/Logo**

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  |  | 1  Write Here | 2  Write Here |
| 5  Write Here | 6  Write Here | 7  Write Here | 8  Write Here | 9  Write Here |
| 12  Write Here | 13  Write Here | 14  Write Here | 15  Write Here | 16  Write Here |
| 19  Write Here | 20  Write Here | 21  Write Here | 22  Write Here | 23  Write Here |
| 26  Write Here | 27  Write Here | 28  Write Here | 29  Write Here | 30  Write Here |



**Chickpeas** are this month’s Harvest of the Month. Did you know…

* 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.
* Chickpeas are a nutrient powerhouse. They are an excellent source of many nutrients including potassium, calcium, iron, vitamin B-6, and magnesium.
* Montana’s production of chickpeas is growing. In 2016, Montana farmers harvested 254,000 acres of chickpeas.

To learn more about Montana Harvest of the Month visit: https://mtharvestofthemonth.org/