

Harvest of the Month

Garbanzo Beans



SE Washington State grows more garbanzo beans than any other area in the United States and is arguably one of the best garbanzo growing regions in the world!

All about Garbanzo Beans

History

- Garbanzo Beans, also known as chick peas, have been found in archaeological sites as far back as 7000 B.C. in the Mediterranean area.
- They were first cultivated approximately 3000 B.C.
- They were very popular with the Egyptians, Greeks, and Romans.
- Beans were found in Egyptian pyramids.
- From the Mediterranean, they spread to India and Africa. India remains the largest producer and consumer of garbanzo beans today.



Garbanzo Bean Varieties

- Garbanzo beans come in two main groups called desi and kabuli. You can find varieties in 21 different colors and shapes.
- Desi, beans are small, darker seeds with a rough coat.
- Kabuli beans are lighter colored, larger seeds with a smoother coat.

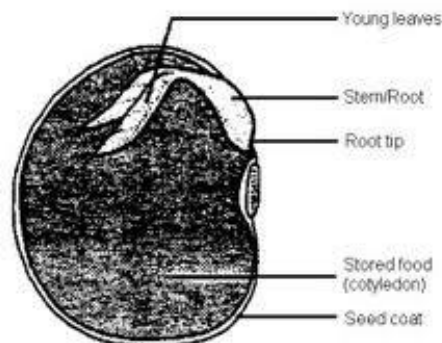
Reasons to Eat Garbanzo Beans

- These little gems are a power house of protein!
- Garbanzo beans are in the legume family along with all other beans and peas. Legumes are an excellent source of protein, fiber and folic acid.
- Eating high fiber food, such as garbanzos, decreases coronary heart disease, and prevents blood sugar levels from rising too rapidly after a meal, making them a beneficial addition for people with diabetes.
- 1/3 cup of garbanzo beans per day can provide these blood-sugar related health benefits. No food macronutrients are more valuable for blood sugar regulation than fiber and protein and Garbanzos have plenty of both



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Humus is the Arabic word for chickpeas, which is what we call the paste made with oil, garlic, lemon juice and sesame seed butter (tahini).



Every bean is a seed and contains an embryonic (baby) plant and a cotyledon or stored food that supplies energy to start a new plant when it encounters the right conditions. What does a seed need to sprout? With water, light and warmth, you can sprout a bean. Try it.