



Chickpeas

Sources

Cafeteria

- The Visual Food Encyclopedia
- January Garbanzo Beans/Chickpeas, Iowa Department of Public Health (<https://idph.iowa.gov/inn/pick-a-better-snack>)
- Make Room for Legumes Factsheet, Georgia Organics (<https://georgiaorganics.org/for-schools/makeroomforlegumes>)
- National Agriculture Statistics Service (<https://www.nass.usda.gov/>)
- Types of Chickpeas, Berkley Wellness (<http://www.berkeleywellness.com/healthy-eating/food/article/types-chickpeas>)
- Nutrition, Montana State University Extension (www.msuextension.org/nutrition)
- Pulses: The Heart of Healthy Food, Northern Pulse Growers Association (<http://www.northernpulse.com/uploads%5Cresources%5C659%5Cfood-service-industry-guide.pdf>)
- National Nutrient Database, USDA (ndb.nal.usda.gov)
- Magnesium, National Institutes of Health (<https://ods.od.nih.gov/factsheets/magnesium-consumer/>)
- Dietary fiber: Essential for a healthy diet, Mayo Clinic (<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983>)
- MSU Extension Nutrition Education Program (buyeatlivebetter.org)
- Idaho Grown Legumes Cookbook, Idaho State Department of Education (<http://www.sde.idaho.gov/cnp/hne/chef.html>)

Classroom

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Dig Deeper

Get more information, register, or download resources:

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www.montana.edu/mtharvestofthemonth

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Home

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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.

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