

Gourmet Vegetables

Beans



(Phaseolus vulgaris)

Garbanzo White/Chick Pea

Cicer arietinum are an ancient crop that was previously grown by Egyptians, Greeks and Romans for many years and was very popular amongst these cultures. It dates back to approximately 7,400 years where it was grown in Turkey. Even the Roman Apicius (recipe book) has several recipes which include chickpeas! Chickpeas were brought to subtropical regions by Spanish and Portuguese explorers in the 16th century.

Black eyed Pea *Vigna unguiculata* Heavy yields of smooth 6-7" pods that are packed with cream colored peas with a black eye. Open pollinated. Dry & airtight seal for long-term storage. Excellent source of potassium, iron, and zinc. 60 days to maturity.

Fava Bean *Vicia faba*. is a bushy, hardy annual that can grow from 3 to 4½ feet tall. Pods are 6 to 8 inches long and contain 4 to 6 flat, oval seeds that can be white, yellow, green, or pinkish-red.



DESCRIPTION

The chickpea plant grows around 8-10in. 20-50cm tall. The plant produces seedpods, which each contain two or three chickpeas. Chickpeas are a creamy color and are a member of the legume family. They have a mild and nutty flavor. Chickpeas are an

annual plant that are packed with fibre and iron and are often used in vegetarian diets as a rich source of protein. Chickpeas are considered a great source of iron because unlike red meat, they contain less fat. They are also said to be great for pregnant women, as iron needs increase.



USES

Chickpeas have a variety of uses. They can be used to enhance salads, soups, curries, stews, vegetable combinations and can be used in dips such as hummus. It has also been used in the past to feed livestock. Chickpeas are very popular in many cultures, including Greek, Spanish, Middle Eastern and some Latin American countries and are used in a wide range of different recipes and dishes. Chickpeas can also be ground up and then rolled up and fried to make fefafels. They can also be eaten by a snack when roasted and spiced.



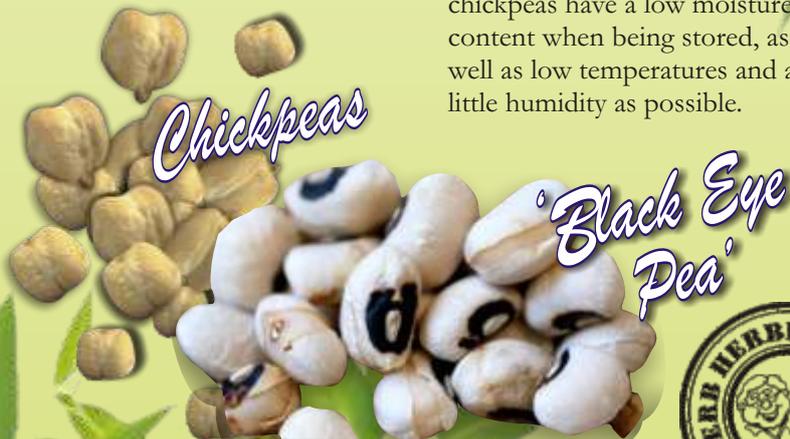
ROWTH

Chickpeas are a cool season plant but can withstand how climates because of their deep root system which allows them to extract water from deep within soil. Chickpeas generally need a tropical or subtropical climate with approximately 6in/40cm of rainfall per year. Heavy rainfall seasons can cause a decrease in production as disease outbreaks and stem lodging occurs. Chickpeas do best in sandy soil with good drainage.



CULTIVATION

Chickpeas can be affected by diseases including Botrytis grey mould. Botrytis causes flower and pod abortion which can extend the growing period by up to six weeks. If you are planning on storing your chickpeas, keep in mind that chickpeas continually age over time. It is important that the chickpeas have a low moisture content when being stored, as well as low temperatures and as little humidity as possible.



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