

# Unusual crops to grow

Cut out to make your own seed packet!

## Chickpeas

**Latin name:** Cicer arietinum

**Origin:** Middle East

**Plant family:** Fabaceae (treat as peas and beans)



Picture Credit: Garden Organic/SowingNewSeeds

A plant cultivated for over 4000 years or more used to a warm Mediterranean climate. Use seeds sold for sprouting, as they should germinate quickly and will not be treated with pesticides. This is a useful crop as it is a legume and 'fixes' nitrogen in the soil, which is useful to future crops grown on the same site.

### Learning activity: investigate

Investigate how plants 'fix' atmospheric nitrogen. Set up a growing experiment. Compare how well a different crop grows in the same soil after chickpeas, compared to another area of soil

### Growing instructions\*

- Treat like a pea crop and grow in a warm and sunny position.
- Chickpeas can be grown directly outdoors sown in a shallow drill 10cm apart.
- Protect the seeds and young plants from birds and mice.

### Growing instructions card

[www.gardenorganic.org.uk/sites/www.gardenorganic.org.uk/files/sns/factsheets/FactsheetChickpes.pdf](http://www.gardenorganic.org.uk/sites/www.gardenorganic.org.uk/files/sns/factsheets/FactsheetChickpes.pdf)

Chickpeas and quinoa have similar growing instructions.

### Culinary uses

Make your own houmous - a dip made from cooked, mashed chickpeas blended with tahini, olive oil, lemon juice, salt and garlic. From the Middle East and North Africa, but it is now popular throughout the world. Chickpeas can also be used to make flour, called gram flour.



Picture Credit: Garden Organic/SowingNewSeeds

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