



GARBANZOS (CHICK PEAS)

Cicer arietinum

Garbanzos (chick peas) are easy to grow in the Pacific Northwest as they are planted in the cool season like peas and dry down during our summer drought period. They have been grown in Mediterranean countries since as early as 8000 BC and are highly nutritious and versatile.

PLANTING

Plant April 1-15, in full sun. Plant seeds 0.75" deep, 8-12" apart in rows 12" apart. They are best thinned to about 12" apart because they have a spreading habit.

GROWING METHODS

MAINTENANCE

A couple weeding in late May and early June should suffice. Garbanzos are drought tolerant and do fine without water in our climate.

HARVEST

Harvest when the pods are dry and crispy and plants have browned. Our mid-April sowing was ready for harvest in late August. Cut or pull the entire plant stalk and lay them out in a dry location until ready to thresh.

THRESHING

Throw dry plants onto a tarp and shuffle dance on them to break open the pods. Winnow beans in front of a fan or use screens to clean the seed.

PROCESSING

SEED SAVING

Garbanzos are self-pollinating but cross-pollination from bees is common. Only grow one variety if you are saving seed. Save seed from the best plants. They maintain 60% germination for 3 years if properly stored.

COOKING TIPS

Traditional garbanzo dishes (such as hummus) are much more flavorful with home-grown garbanzos (they are more mild and sweet). To cook, first soak the beans overnight. Drain off the soaking water and add new water, then cook for about 90 minutes.

YIELDS & LABOR

We yielded 2 gallons (10 lbs 5 oz) of garbanzos from 225 square feet of planted area in 5.75 hours of total labor time. 1 hr to plant, 2.5 hrs to weed, 0.75 hrs to harvest, 1.5 hrs to thresh.

BBGP RESEARCH

VARIETIES

We have had great success with Black Kabouli Garbanzo. Warmer climate varieties require warmer soil temperatures to germinate and will not do as well here.

ADDITIONAL INFORMATION

Garbanzos contain malic acid in the plant hairs and may cause a rash in some people so use caution when harvesting to protect your clothing and skin. Garbanzos are one of the more nutritious members of the legume family, high in protein, calcium, iron, and B vitamins.