Chickpeas are also called garbanzo beans.

Dry peas, lentils, and chickpeas put healthy nutrients back into the soil.

Lentils provide more fiber than any other legume.

Dry peas and lentils don’t require soaking before cooking like other legumes and beans.

President Thomas Jefferson grew 30 different kinds of peas.

Dry peas, lentils, and chickpeas are filled with fiber, protein, iron, and vitamin C.

Farmers grow over 600,000 acres of lentils each year in the United States.

Dry peas are dried naturally in the sun and are split for faster cooking.

Chickpeas are shaped with a beak resembling that of a baby chick.

Lentils have been found in Egyptian tombs from 2400 BC.

Chickpeas are also called garbanzo beans.