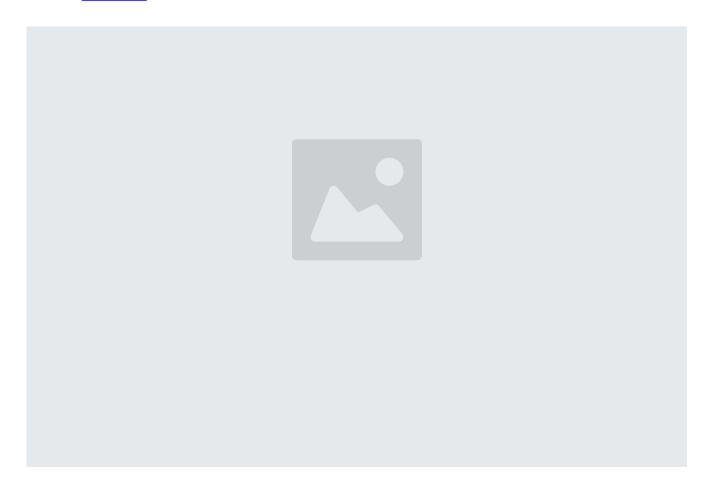
# Chickpeas

<u>Phytopedia</u>

**LENTIL** 



Chickpea is an iron source and is an effective cleansing agent

## **GEEK TALK**

Cicer arietinum

### **BUT WE TALK**

Bengal gram, Channa, Kondai kadalai, sanagalu & calavance

#### **DID YOU KNOW?**

It is one of the earliest cultivated legumes: 7,500-year-old found in the Middle East. Chickpea is the world's second-largest cultivated legume. India is the world's largest producer and consumer of chickpea, accounting for over 66% of world production.

It is a dry-season legume that grows well on the residual moisture of the post-rainy season, providing a unique opportunity of enhancing legume production in developing countries and this feature gives farmers a second increasing income by planting the second crop.

Chickpea is generally consumed whole, split or ground to a flour or paste. Chickpea by-products or waste such as lowgrade chickpea, culled chickpeas, chickpea husks, chickpea hay, and straw are used for animal feed.

They are a good source of folate and protein. Folate is water-soluble Vitamin B, which reduces the risk of colorectal cancer. Chickpeas are also a rich source of calcium equivalent to Yogurt and it also contains minerals.

#### KITCHEN PHARMACY

- Anemia: Fresh juice of Bengal gram leaves is a very rich source of iron. It is, therefore beneficial in the treatment of iron deficiency anemia.
- Skin and Hair Disease: Flour of the un-roasted Bengal gram is a very effective cleansing agent and its regular use as a cosmetic cleanses the skin

# RECIPES USING THIS INGREDIENT

