

URBAN FARMER

LOVE THE EARTH

From seed to harvest: Garbanzo beans

Garbanzo beans, also known as chickpeas, are high in protein and often used to make hummus or supplement protein in a vegetarian diet. They are commonly used in Middle Eastern dishes. This plant is a member of the legume family.

To plant:

Plant garbanzo bean seeds once daytime temperatures between 70 and 80 degrees. The nighttime temps should remain higher than 65 degrees. Plant the beans 1 inch deep and 3 inches apart. If planting in multiple rows at least 18 inches apart.

To grow:

Once seedlings have sprouted, you may thin them to retain a spacing of 3 inches of space between each plant. This allows the plants to grow close enough so they don't need outside support to remain upright, but it also allows air circulation between the plants as well. Garbanzo beans grow best in rich, well-draining soil. They also prefer full sun, but they will tolerate partial shade.

However, if grown in partial shade, you will likely notice a reduction in the bean yields.

To harvest:

It takes approximately 100 days for garbanzo bean seeds to reach the mature state. Depending on how you want to eat the garbanzo beans will decide how you harvest them. If you plan on eating them fresh, pick the pods when they are still small and green and then eat them how you would eat snap beans. However, you can dry them as well.



[Garbanzo beans seed available at ufseeds.com](http://ufseeds.com)

If you wish to dry them, wait until the leaves wilt and wither and then turn brown. Remove the whole plant and lay it on a warm, flat surface. Leave it there until the pods begin to split. This allows you to harvest the seeds inside. Once you have harvested the dried chickpeas, store them in an airtight container and place the container in a cool, dry place. Dried chickpeas must be rinsed and soaked overnight when being used. They can then be cooked and used to make hummus, added to soups and stews or used to make aquafaba.

What garbanzo beans crave:

Prior to planting, add an organic compost and mix it into the soil because this will help improve the soil and increase its water draining capability. Once the garbanzo bean plants are approximately one month old, begin them on a regular feeding schedule with an all-purpose fertilizer to increase yields.



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Where to buy garbanzo bean seeds:

Urban Farmer carries an heirloom variety that is great for making homemade hummus. It is also a great sprouting variety, meaning you can eat the entire sprout after three to five days of growth.

You can find garbanzo beans seed on our website at ufseeds.com!



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