

A close-up photograph of a dense field of green chickpea plants with many small leaves and some developing seed pods.

SPEC CHICKPEA

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Description

Chickpea (*Cicer arietinum*) is an ancient crop that belongs to the legume family. It has been grown in Africa, the Middle East, and India for centuries and is eaten as a dry pulse or green vegetable.

Chickpea plants have root nodules that can fix most of the soil nitrogen needed for growth from atmospheric nitrogen. The nodules are formed by a symbiotic relationship with *Rhizobium* bacteria. Recent research shows that chickpea can fix more nitrogen than other pulse crops, thus enhancing soil fertility for subsequent crops.

Benefits

Chickpea, like wheat, is self-pollinating. Its flowers come in a variety of colors and are borne in groups of two or three. The leaves, flowers, and pods are hairy.

Chickpea has an effective rooting depth of up to 120 cm. As a later maturing plant, it uses more stored moisture from the 90-120 cm soil depth than do peas or lentils.



Cultivation instruction

Climate zone	Europe (n to s), Asia, Africa, South America
Soil type	Sandy-loamy
Establishment	Clean and uniform seedbed
Seed bed	Firm and not too wet
Sowing depth	~3 cm
Sowing date	Sowing early April (Amorgos), end of april/start of May (Elmo)
Row spacing	25-50 cm
Sowing rate	175 kg/ha (Amorgos), 145 kg/ha (Elmo)
Weed control	Mechanical weeding
Fertilizer	Rhizobium symbiosis
Diseases and pests	Ascochyta blight, Fusarium wilt, Bacterial blight
Harvest	Direct combining or swathing before combining. Harvest in September
Yield	1-4 t/ha
Post harvest	Dry immediately after harvest, clean

Nutritional value

Nutrients pr. 100g	
378 kcal	
Calcium	57 mg
Carbohydrate	63 g
Zinc	2,76 g
Dietary fiber	12,2 g
Protein	20,5 g
Iron	4,31 mg



USES

Chickpeas commonly are used fresh in salads or in soup.

Chickpeas are rich in protein, complex carbohydrates, and fiber, while low in fat and cholesterol.



Jacobsen, S-E. 2025.
Chickpea spec. From
www.quinoaquality.com, 4 p.

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