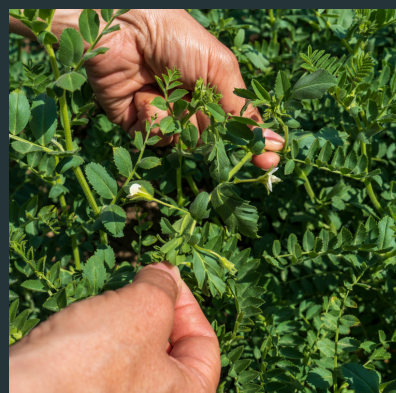


CHICKPEAS



Mediterranean region

Italy



GEOGRAPHIC AREA

Commercial varieties of chickpea are produced in the provinces of Livorno and Grosseto, region of Tuscany, due to climate and soil characteristics.

In this region, the traditional varieties "Cece Rugoso della Maremma", "Cece piccolo del Valdarno" and "Cece di Grosseto" are also produced.



CULTIVATION

Sowing- January

Flowering - late May

Harvest - July

It has light green leaves, white flowers, and the seeds are clear, round and may be wrinkled or smooth.

The plant is resistant to drought and low temperatures, due to its deep roots. The nutrient-poor soil controls the growth of other weeds, practically dispensing the application of phytochemicals.

During the vegetative growth, the plant leaves are covered with aqueous droplets.



TRADITIONAL USES

Chickpeas are mainly consumed in autumn and winter.

Given their consistency, they are generally used to produce flours, soups, and purees.

"Farinata di ceci" is a typical recipe made with chickpea flour, water, salt, and olive oil and cooked in the oven.

