Healthy Harvest for Arizona Schools

Eat More Arizona Grown Dark Green Vegetables

Vegetables are good for you and your family too!
Try different colors and flavors like
dark green vegetables

Spinach

Bok Choy

Kale

Arugula

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Dark green vegetables, like broccoli and spinach, give you lots of vitamins and mineral that you need like calcium, iron, and Vitamin K.

Calcium helps form bones and teeth and helps to keep them strong!

Iron helps give you energy to feel good and stay healthy!

Vitamin K plays a role in bone and blood health.

Buy fresh vegetables in season when flavor and price are best!

ChooseMyPlate.gov

USDA

Champions for Change
Arizona Nutrition Network

Arizona Department of Education

ARIZONA HARVEST SCHEDULE
VEGETABLE

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
ARUGULA	•	•	•	•							•	•
BOK CHOY	•	•	•								•	•
BROCCOLI	•	•	•							•	•	•
BROCCOLI, BABY	•	•	•								•	•
GREENS, BEET	•	•	•	•							•	•
GREENS, COLLARD	•	•	•	•							•	•
GREENS, MUSTARD	•	•	•	•							•	•
GREENS, TURNIP	•	•	•	•							•	•
KALE	•	•	•	•							•	•
LETTUCE, LEAF	•	•	•								•	•
LETTUCE, ROMAINE	•	•	•								•	•
LETTUCE, SPRING MIX	•	•	•	•							•	•
MACHE	•	•	•	•							•	•
SPINACH	•	•	•							•	•	•

• WINTER PRODUCE • SUMMER PRODUCE

Broccoli

Make Half Your Plate
Vegetables and Fruits

Arizona GROWN