



# Healthy Harvest for Arizona Schools

## Eat More Arizona Grown Beans and Peas Vegetables

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



Fava Beans

Vegetables help you grow big and strong and come in different forms like beans and peas.

Vegetables like beans and peas are full of nutrients like fiber, phosphorus and potassium.



Garbanzo Beans

Fiber helps keep your heart healthy and helps you feel fuller longer.

Phosphorus plays a role in bone health.

Potassium helps you maintain a healthy blood pressure.



Pinto Beans

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



|                |  | ARIZONA HARVEST SCHEDULE |     |     |     |     |     |     |     |      |     |     |     |
|----------------|--|--------------------------|-----|-----|-----|-----|-----|-----|-----|------|-----|-----|-----|
|                |  | VEGETABLE                |     |     |     |     |     |     |     |      |     |     |     |
|                |  | JAN                      | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEPT | OCT | NOV | DEC |
| BEAN, FAVA     |  |                          | •   | •   | •   |     |     |     |     |      |     |     |     |
| BEAN, GARBANZO |  |                          |     |     |     |     |     | •   | •   | •    | •   |     |     |
| BEAN, PINTO    |  |                          |     |     |     |     |     | •   | •   | •    | •   |     |     |

• WINTER PRODUCE • SUMMER PRODUCE

Make Half Your Plate Vegetables and Fruits



**Arizona**  
G \* R \* O \* W \* N