Healthy Harvest for Arizona Schools

Eat More Arizona Grown Red and Orange Vegetables

Vegetables come in different colors and flavors like red and orange but their real beauty lies in what's inside.

Red Pepper

Acorn Squash

Carrots

Sweet Potatoes

Red and orange vegetables, like carrots and tomatoes, are full of nutrients like fiber, and vitamins A and C.

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

Vitamin A helps keep your eyes and skin healthy.

Vitamin C helps keep your teeth and gums healthy.

Buy fresh vegetables in season when flavor and price are the 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
CARROTS	•	•	•	•	•	•	•	•	•	•	•	•
PEPPERS, RED BELL							•	•	•	•		
PUMPKIN									•	•		
SQUASH (WINTER) ACORN									•	•	•	
SQUASH (WINTER) BUTTERNUT									•	•	•	
SQUASH (WINTER) GOLD ACORN									•	•	•	
SQUASH (WINTER) HUBBARD									•	•	•	
SQUASH (WINTER) KOBACHA									•	•	•	
SWEET POTATOES				•	•	•	•					
TOMATOES	•	•	•	•	•	•	•	•	•	•	•	•

• WINTER PRODUCE • SUMMER PRODUCE

Make Half Your Plate Vegetables and Fruits

Arizona GROWN

Tomatoes