

2020 Farm Fresh Challenge – November Prep Webinar Series

October 7, 2020 3:00 pm

Professional Standards Learning Code: 1130, 1170,
1230, 3230



Arizona Department of Education (ADE)

This training was sponsored by the Arizona Department of Education (ADE) Health and Nutrition Services Division (HNS).

Intended Audience

This training is intended for **School Food Authorities (SFAs)** operating the **National School Lunch Program (NSLP)** or **COVID-19 related Summer Food Service Program (SFSP)**.

Target audience: Directors, menu planners and wellness coordinators.

Professional Standards

Information to include when documenting this training for Professional Standards:

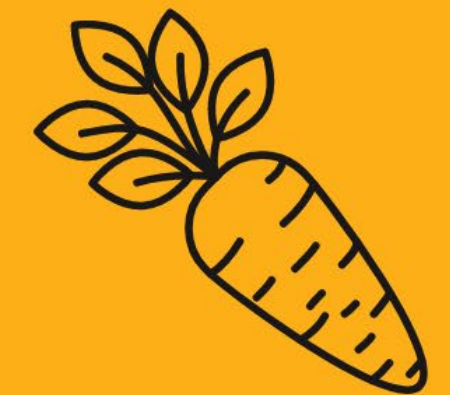
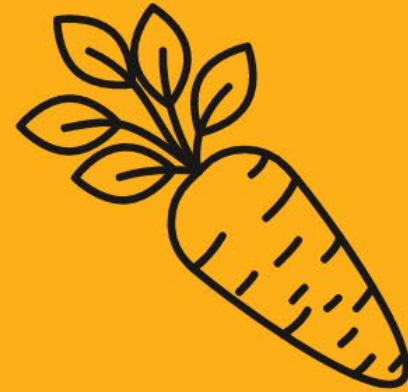
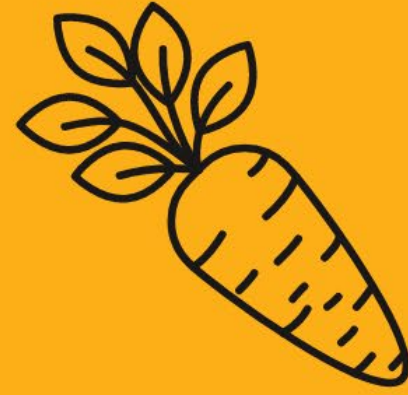
Training Title: 2020 Farm Fresh Challenge – November Prep

Key Area: 1000- Nutrition

Learning Codes: 1130, 1170, 1230, 3230

Length: 1 hour





Ashley Schimke

Farm to School & School Garden Specialist
School Nutrition Programs
Health and Nutrition Services Division

Thank you for joining me today!

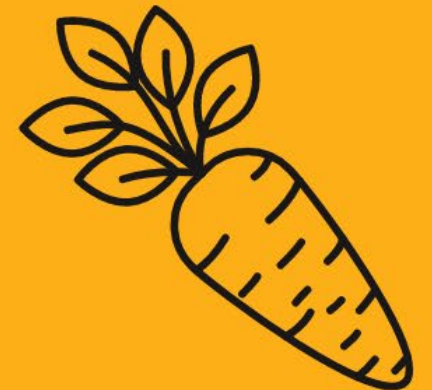
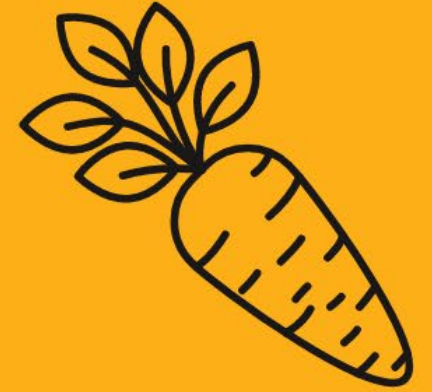


Agenda

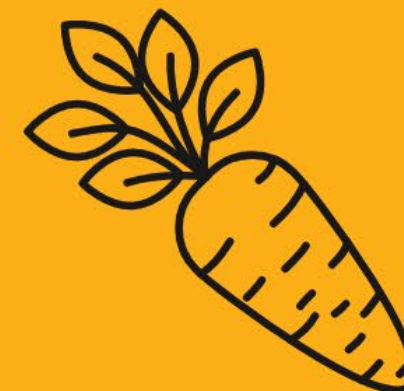
November Preparation

- Challenge Overview
- Examples Ideas for November
- Strategies for Success Amid COVID -19
- Resources for November

Questions & Answers (live)



2020-2021 Farm Fresh Challenge Overview



Common Motivators for Sourcing Local Food

Insights from the 2020 Farm to Summer Challenge

- ✓ Encouraged parents to view farm to school efforts in Curbside or Grab-n-Go Meals
- ✓ Motivated staff by offering something new and/ or special to prepare for students
- ✓ Motivated staff by connecting with local communities and food vendors to support Arizona during the COVID-19 pandemic

November is Native American Heritage Month

Native American Heritage Month

- ✓ Exhibits and Collections
- ✓ Audio and Videos
- ✓ Teacher Resources

Source: [https:// nativeamericanheritage month.gov/](https://nativeamericanheritage month.gov/)



The Farm Fresh Challenge Design

Taste Arizona

Serve a minimum
of **three** locally
sourced,
NSLP/ SFSP/ SSO
meal components.

3

Teach Arizona

Host a minimum of
two educational
activities that
educate students
about where their
food comes from.

2

Connect Arizona

Share a minimum of **one**
social media post on
Facebook, Instagram or
post to your website
about your Farm Fresh
Challenge.
#FarmFreshAZ

1

Salt River Pima-Maricopa Indian Schools

Ideas for TASTE Arizona



Poshol Recipe

Thanks to SRHS Food Services Supervisor Shannon Reina for sharing her family recipe!

2 C. brown tepary beans "S-oam Bavi"

1/3 C. Pima wheat berries "O'las pilkan"

1/4 C. roasted corn kernels "Huun ga'l"



- Clean and rinse the beans.
- Add all ingredients to a large pot and cover with water.
- Make sure you have at least 2 to 4 inches of water over the beans.
- Simmer for about 6 hours or more depending on how thick you want the juice to be.
- The beans should be tender.

Photo and Recipe Credit: 2018 Farm Fresh
Challenge Salt River Pima-Maricopa Indian Schools



SALT RIVER
SCHOOLS

Cibecue Community School

Ideas for TASTE Arizona

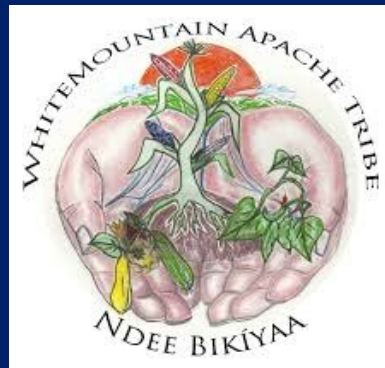


Photo Credit: 2019 Farm Fresh Challenge Cibecue Community School & Ndee Bikiyaa Farm

STAR School INC (2019 Harvest Event)

Ideas for TASTE Arizona

School garden sourced

- Peaches
- Green beans
- Corn
- Blue corn (dried and milled)
- kale



Kayenta Unified School District

Ideas for TASTE Arizona



Stir-Fry Fajita Chicken, Squash, and Corn

This main dish creatively combines southwest spices with an Asian cooking style, blending the flavors of locally grown produce with fajita chicken strips, all stir-fried to perfection.

📌 **Components:** Grains, Meat/Meat Alternate, Other, Red/Orange, Starchy, Vegetable

📌 **Source:** USDA Recipes for Healthy Kids

📅 **Date Published:** August 28, 2019

Source:

<https://healthyschoolrecipes.com/recipes/stir-fry-fajita-chicken-squash-corn/>



Common definitions of “local” used by food service professionals in Arizona

Geographic radius : Commonly defined at “x” miles from a given District warehouse or school site. This may span outside of Arizona's borders and into states that fit the geographic range preferred by the SFA.



State of Arizona: Commonly referred to as “Arizona grown” which encompasses anything produced and/ or processed within the state of Arizona.

County specific : Commonly referred to as “X” county grown, showing support for the agriculture industries unique to specific county within Arizona.



Where to Source Local Food?

- 1 | School or Community Gardens
- 2 | DoD Fresh Produce Program
- 3 | Direct Market Routes
Farmers' Markets, Farm Stand/ Farm, Food Hub
- 4 | Commercial Distributor

The Farm Fresh Challenge Strategies – TASTE Arizona

Source

What item do you want to highlight and where can you access it?



Summer Challengers sourced from school gardens, through a farm cooperative or via DoD Fresh

Labor

- ✓ Labor hours and recipes
- ✓ # sites participating



Due to COVID-19 and strained staff, many Summer Challengers focused on one site and whole (already-prepped) items

Pay Off

- ✓ Test a new recipe
- ✓ Engaged audience
- ✓ Meal Participation



Many Summer Challengers agreed this opportunity: increase meal participation.

The Farm Fresh Challenge Strategies – TASTE Arizona

*\$0.50-1.00/
serving*

Entrée:

- ✓ Test Recipes
- ✓ Combine with USDA Foods
- ✓ Sub local ingredients in tried entrees

*\$0.10-0.30/
servings*

Side:

- ✓ Fruits
- ✓ Vegetable
- ✓ Roll/ Tortilla
- ✓ Cheese/Yogurt

*\$0.10-0.30/
serving*

Beverage:

- ✓ Fat Free or Low -Fat Milk
- ✓ 100% Juice/ Fresca
- ✓ Spa/Infused Water
(not reimbursable)

The Farm Fresh Challenge Strategies – **TEACH Arizona**

Student Engagement

- ✓ Seasonal activities
- ✓ # sites participating
- ✓ Combine programs (FFVP/ 21st Century/ School Garden Programs)



Ex. Leveraging activities already taking place virtually or in-person

Online Resources

- Virtual Farm Tours
- Virtual School Garden Harvesting
- Virtual Taste Test
 - Email hand outs/activities



Ex. Dairy Council, Arizona Farm Bureau, Specials etc.

Partners

What partners can you use to help execute the TACH Arizona Challenge?



Ex. SNAP-Ed, Master Gardeners, Classroom Teachers etc.

Accepting Food Donations

CHART OF ACCOUNTS

REVENUES

Object code	Description
1800	Revenue from Community Services Activities —Revenue from community services activities operated by a district. For example, revenue received from operation of a swimming pool or civic center as a community service would be recorded here. Revenues from the long-term rental of district property, typically involving a formal lease agreement, should be coded to revenue object code 1910. Multiple accounts may be established within the 1800 range to differentiate various activities.
1900	Other Revenue from Local Sources <i>(Use detailed codes below)</i>
1910	Rentals —Revenue from the rental of either real or personal property owned by a district. Revenues from the short-term rental of district property, such as daily use fees, should be coded to revenue object code 1800. Rental of property held for investment purposes should be coded to revenue object code 1540.
1920	Contributions and Donations from Private Sources —Revenue associated with contributions and donations made by private organizations. These organizations include, but are not limited to, educational foundations, PTA/PTO organizations, campus booster clubs, and private individuals. Revenue received as donations in support of extracurricular activities to be taken as a tax credit by the donor in accordance with A.R.S. §43-1089.01 should be coded to revenue object code 1790.

Source:

<https://www.azauditor.gov/sites/default/files/USFRCOA91120.pdf>

Best Practices

- ✓ Monitor Food Safety
- ✓ Document Estimated Value
- ✓ “Thank you” to donor(s)



Track revenue food donations & code *separately* with “**1921**” code to avoid co-mingling regular contributions or donations

[illegible]

- ✓ AZ seasonal fruit and vegetable availability; categorized by “winter” or “summer” crops identifying cool and warm weather crops
- ✓ Can be used to identify new products for meal service
- ✓ Extended Specialty Crop Guide offers information U-Pick Farms, Farmers’ markets and facts about AZ agriculture

DoD Fresh Produce Program via FFAVORS Catalog



1	STERN PRODUCE COMPANY, INC SPE300-19-DS343 08/30/2020							
2	Item Code	Item Description	Unit of Issue	Units Per Case	Source of Supply	State of Origin	Price	
3	15A13	APPLES CHL GALA SL 100/2 OZ PG	LB	13	CONUS	WA	25.18	
4	15PO9	APPLES FR FUJI 125 CT 40 LB CS	LB	40	CONUS	WA	31.42	
5	14H87	APPLES FR G/S USF/XF 125-138 CT 40 LB CS	LB	40	CONUS	WA	31.92	
6	18B51	APPLES FR GALA 12/3 LB BG 36 LB CS	LB	36	LOCAL	AZ	23.95	
7	17T28	APPLES FR GALA 125 CT XF 40 LB CS	LB	40	CONUS	WA	30.42	
8	14H86	APPLES FR GALA USF/XF 138-163 CT 40 LB CS	LB	40	CONUS	WA	28.92	
9	14H83	APPLES FR GRN USF/XF 100-113 CT 40 LB CS	LB	40	CONUS	WA	30.92	
10	14M10	APPLES FR R/D 125-138 CT 40 LB CS	LB	40	CONUS	WA	30.42	
11	14A14	APPLES FR R/D 163 CT 40 LB CS	LB	40	CONUS	WA	28.92	
12	16B95	BROCCOLI FLORETS CHI 3 LB BG/CS	LB	3	CONUS	CA	7.58	

Buying Local: Distributor Example




Sysco Location - Arizona

Product Availability for week of SEPT.2/2012
 *Subject to quantities available from Local Growers

em Code	Product Description	Pack Size	Grower Name	Grower Location	Availability	Comments
133284	GREEN CABBAGE	50 lb	PACIFIC/GREER	GOOD YEAR	OCT-MARCH	
135006	BROCCOLI CROWN	20# AVG	PACIFIC/GREER	GOOD YEAR	OCT-MARCH	
339840	#2 JUMBO CARROTS	50LB	MIEDEMA	SURPRISE	OCT- JULY	
131621	#1 JUMBO CARROTS	50LB	MIEDEMA	SURPRISE	OCT-JULY	
247934	#1 MED. CARROTS	25LB	MIEDEMA	SURPRISE	OCT-JULY	
151447	CLEAN RADISH	25LB	MIEDEMA	SURPRISE	OCT-JULY	
133324	CILANTRO	30CT	PACIFIC/GREER	GOOD YEAR	OCT-MARCH	
133332	CILANTRO	60CT	PACIFIC/GREER	GOOD YEAR	OCT-MARCH	
381036	SUSHI CUCS	12CT	EURO FRESH	WILCOX	YEAR ROUND	
294827	HOT HOUSE CUCS	40LB	EURO FRESH	WILCOX	YEAR ROUND	NEW
149197	HOT HOUSE CUCS	12/18 CT	EURO FRESH	WILCOX	YEAR ROUND	
133399	MUSTARD GREEN	24CT	PACIFIC/GREER	GOOD YEAR	OCT-MARCH	special order
133407	TURNIP GREEN	24CT	PACIFIC/GREER	GOOD YEAR	OCT-MARCH	special order
308168	LEEKs	12CT	CHURCH BROS	YUMA	NOV-MARCH	
723857	GREEN LEAF	24CT	CHURCH BROS	YUMA	NOV-MARCH	
308318	ICE BERG	24CT	CHURCH BROS	YUMA	NOV-MARCH	
723816	ROMAINE	24CT	CHURCH BROS	YUMA	NOV-MARCH	
241358	MESCLUN MIX	3LB	DUNCAN FARMS	GOOD YEAR	NOV-MARCH	
151423	PARSNIPS	20LB	MIEDEMA	SURPRISE	NOV-MARCH	NA AT THIS TIME
260511	ALFALFA SPROUTS	2/2LB	ARIZONA SPROUTS	ELOY	YEAR ROUND	
254274	BEAN SPROUTS	10LB	ARIZONA SPROUTS	ELOY	YEAR ROUND	
260432	CLOVER SPROUTS	2/2 LB	ARIZONA SPROUTS	ELOY	YEAR ROUND	
280711	DAIKON SPROUT	12/3.50	ARIZONA SPROUTS	ELOY	YEAR ROUND	

When buying local food from a distributor be sure to ask to share your definition of “local” with your sales representative. If you are looking for something in particular discuss how they might help you access this item. In most cases, it is easier to discuss the items that the company keeps available seasonally. This often looks like a local “hot sheet”.

Buying Local Food: Food Hub Example

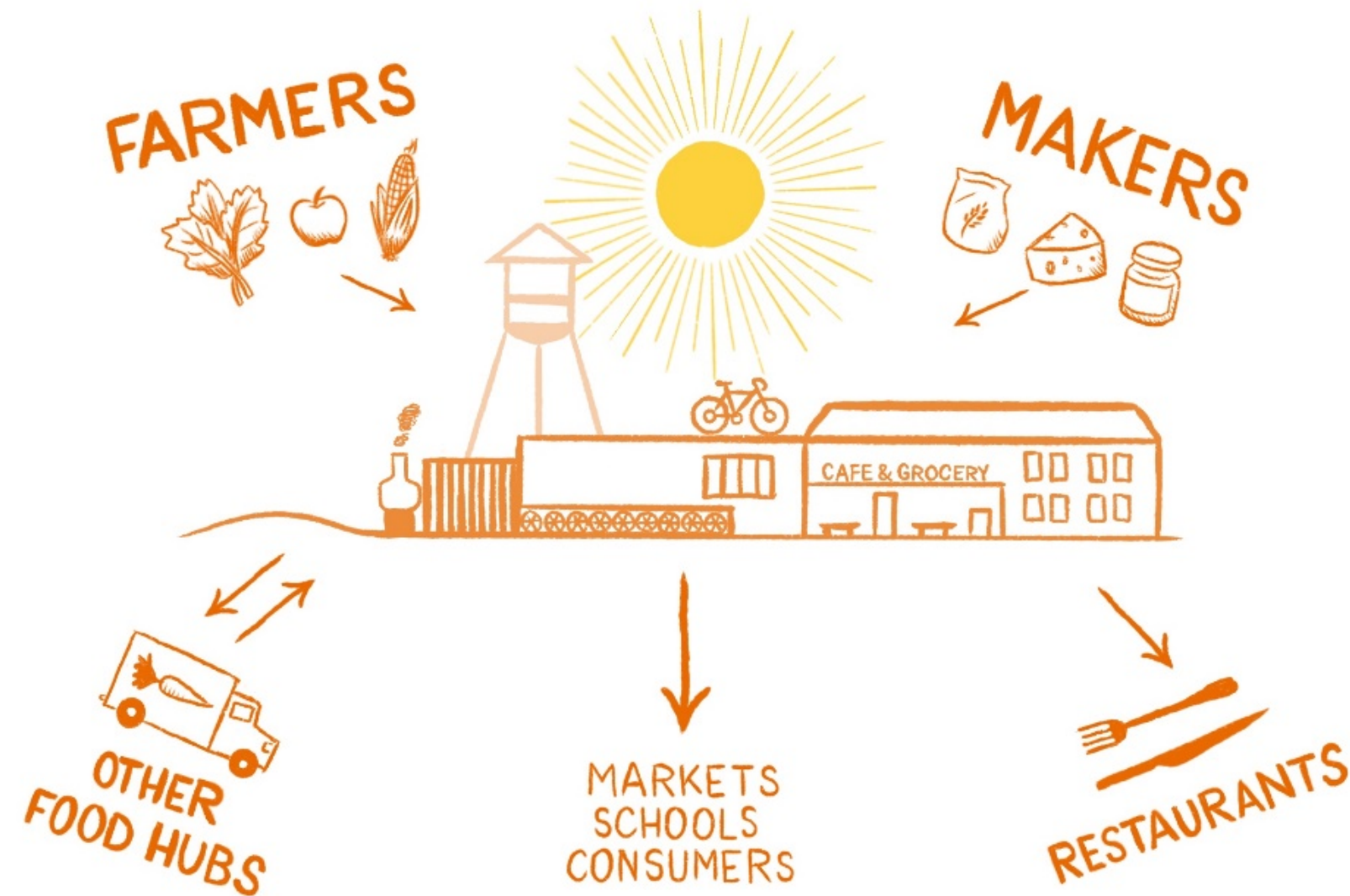


Photo courtesy of Swamp Rabbit and Grocery

TIP: When buying from a food hub, be sure to discuss ordering process, delivery methods and how information about local food will be available to you ahead of time and once the product has been delivered.

Resources: Arizona has a few food hub or farm cooperatives when sourcing local foods. Some schools have found success with [Sun Produce Cooperative](#) in Phoenix, [Pivot Produce](#) or [Community Food Bank](#) in Tucson.

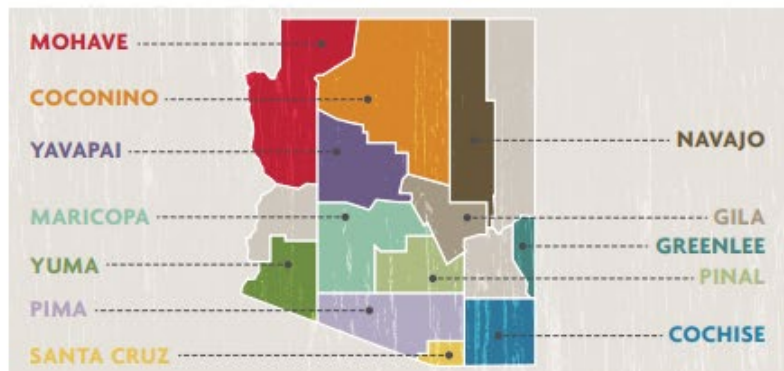


Where can I source Farm to School items, directly?

- State Resources:
 - » Local First - [Good Food FinderAZ.com](http://GoodFoodFinderAZ.com)
 - » Farm Bureau - FillYourPlate.org
- Producer Associations:
 - Western Growers Foundation
 - Arizona Farm Bureau
 - Arizona Beef Council
 - Arizona Pork Council
 - Arizona Dairy Council
 - Yuma Fresh Vegetables
- Farmers' Markets:
 - » [http:// arizonagrown.org/](http://arizonagrown.org/)
 - » [https:// www.azhealthzone.org/ farmersma
rkets](https://www.azhealthzone.org/farmersmarkets)

Buying local: Farmers Market Example

FARMERS' MARKETS BY COUNTY



COCHISE COUNTY

BISBEE FARMERS' MARKET

100 W. Vista
Bisbee, AZ 85603
Phone: 520-236-8409
Hours: Year-Round, Saturdays 9am-1pm

HIGH DESERT FARMERS' MARKET

1 Elks Ln.
Sierra Vista, AZ 85635
Phone: 520-678-8655
Hours: Year-Round, Wednesdays 9am-1pm
and Sundays 11am-3pm
www.highdesertfarmersmarket.com

SIERRA VISTA FARMERS' MARKET

Veteran's Memorial Park
3105 E. Fry Blvd.
Sierra Vista, AZ 85635
Phone: 520-678-2638
Hours: Year-Round, Thursdays 10am-2pm
www.sierravistafarmersmarket.com

COCONINO COUNTY

FLAGSTAFF COMMUNITY MARKET

211 W. Aspen Ave.
Flagstaff, AZ 86004
Phone: 928-607-2487
Hours: May – Oct, Sundays 8am-12pm
www.flagstaffmarket.com

PAGE FARMERS' MARKET

699 S. Navajo Dr.
Page, AZ 86040
Phone: 928-645-2741
Hours: May – Sept, Saturdays 8-11am

SUNNYSIDE MARKET

2532 E. 7th Ave.
Flagstaff, AZ 86004
Phone: 928-600-6835
Hours: End of May – Mid-Sept, Wednesdays
2:30-6:30pm
www.sunnysidemarket.org

GILA COUNTY

GLOBE-MIAMO FARMERS' MARKET

Gila County Historical Museum
Globe, AZ 85501
Phone: 928-701-3097
Hours: June – Sept, Saturdays 8am-11am

PAYSON FARMERS' MARKET

816 S. Beeline Highway
Payson, AZ 85541
Phone: 928-468-0961
Hours: End of May – Mid-Sept, Saturdays 8am-12pm
www.paysonfarmersmarket.com

GREENLEE COUNTY

CLIFTON FARMERS' MARKET

100 N. Coronado Blvd.
Clifton, AZ 85533
Phone: 928-865-2806
Hours: Year-Round, Wednesdays 10am-4pm

MARICOPA COUNTY

6TH STREET MARKET

24 E. 6th St.
Tempe, AZ 85281
Phone: 520-261-6982
Hours: Mid Oct – Mid April, Sundays 10am-3pm
www.foodinroot.com

FARMERS' MARKETS BY COUNTY

AHWATUKEE FARMERS' MARKET

4700 E. Warner Rd.
Phoenix, AZ 85044
Phone: 623-848-1234
Hours: Oct – May, Sundays 9am-1pm,
June – Sept, Sundays 8-11am
www.arizonacommunityfarmersmarkets.com

ANTHEM FARMERS' MARKET

41703 N. Gavilan Peak Pkwy.
Anthem, AZ 85086
Phone: 623-848-1234
Hours: Oct – May, Sundays 9am-1pm,
June – July, Sundays 8-11am
www.arizonacommunityfarmersmarkets.com

BUCKEYE FARMERS' MARKET

22865 W. Lower Buckeye Rd.
Buckeye, AZ 85326
Phone: 623-349-6330
Hours: Nov – April, Saturdays 9am-1pm
www.buckeyeaz.gov

CAPITOL FARMERS' MARKET

1700 W. Adams St.
Phoenix, AZ 85007
Phone: 623-848-1234
Hours: Nov – April, Thursdays 10:30am-1:30pm
www.arizonacommunityfarmersmarkets.com

CARE 1ST FARMERS' MARKET

328 W. Western
Avondale, AZ 85037
Phone: 623-848-1234
Hours: July – Oct, Tuesdays 8am-12pm
www.azcommunityfarmersmarket.com

CAREFREE FARMERS' MARKET

1 Sundial Circle
Carefree, AZ 85377
Phone: 623-848-1234
Hours: Oct – May, Fridays 9am-1pm,
June – Sept, Fridays 8-11am
www.arizonacommunityfarmersmarkets.com

CHANDLER FARMERS' MARKET

Dr. A.J. Chandler Park West
3 S. Arizona Ave.
Chandler, AZ 85225
Phone: 480-855-3539
Hours: Oct – May, Tuesdays 9am-1pm,
Nov – May, Saturdays 8:30am-12:30pm
www.downtownchandler.org

CLARK PARK FARMERS' MARKET

1730 S. Roosevelt St.
Tempe, AZ 85281
Phone: 480-350-5893
Hours: Oct – April, Tuesdays 5-8pm
www.clarkparkfarmersmarket.com

CORTE BELLA FARMERS' MARKET

22135 N. Mission Dr.
Sun City West, AZ 85375
Phone: 623-848-1234
Hours: Oct – May, 2nd Wednesday of month
10am-1pm
www.azfarmersmarkets.us

DESERT PALMS PRESBYTERIAN CHURCH MARKET

13459 W. Stardust Blvd.
Sun City West, AZ 85375
Phone: 480-585-8639
Hours: Oct – April, 4th Tuesday of month 10am-1pm
www.azfarmersmarkets.us

DOWNTOWN PHOENIX PUBLIC MARKET

721 N. Central Ave.
Phoenix, AZ 85004
Phone: 602-625-6736
Hours: Oct – April, Saturdays 8am-1pm,
May – Sept, Saturdays 8am-12pm
www.phxpublicmarket.com

ESTRELLA MARKET AT SALES CENTER

10336 S. Estrella Pkwy.
Goodyear, AZ 85338
Phone: 480-585-8639
Hours: Oct – April, 3rd Saturday of month
10am-2pm
www.azfarmersmarkets.us

FARMERS' MARKET NORTH SCOTTSDALE

8744 E. Pinnacle Peak Rd.
Scottsdale, AZ 85255
Phone: 480-389-5117
Hours: Oct – April, Saturdays 9am-1pm
www.farmersmarkethnorthscottsdale.com

FOUNTAIN HILLS FARMERS' MARKET

16858 Ave. of the Fountains
Fountain Hills, AZ 85268
Phone: 602-888-6758
Hours: Oct – April, Thursdays 11am-5pm
www.fhfarmersmarket.com

FREEMAN CORN PATCH

945 N. Center St.
Mesa, AZ 85203
Phone: 602-799-7092
Hours: May – July, Monday – Saturday 7am-6pm

GILBERT FARMERS' MARKET

222 N. Ash Dr.
Gilbert, AZ 85234
Hours: Oct – March, Saturdays 8am-12pm,
April – Sept, Saturdays 7-11am
www.gilbertmarket.com

TIPS: When buying from a Farmers' market ask about where the farm is located, what food safety practices exist and what price break you might have if you purchased product-after market or when buying in bulk direct from the farm.

Resource: [Arizona's Specialty Crop Block Guide – Farmers Markets By County](#)

Toolkit

2020 Farm Fresh Challenge



TASTE ARIZONA | TEACH ARIZONA | CONNECT ARIZONA



Toolkit Contents

TASTE

COPPER CRITERIA

- Source 3 local NSLP meal components
- Must include at least 1 local fruit, 1 local vegetable, and/ or 1 local fluid milk. All three items can be produce as long as it is different varieties.
- The challenge criteria can be met in one meal, or throughout the two week period.

Fruit
Watermelon

Milk

Vegetable
Roasted Butternut

Entrée
Spaghetti and Meat Sauce

TEACH

Photo courtesy of Salt River Pima Indian Community School, 2018 Farm Fresh Challenge Participant

TEACH Arizona

Education activities that support the 2020 Farm Fresh Challenge include: taste testing, garden-related activities like planting, harvesting and cooking in the garden, farm tour, farmer-visits, pen pal programs with farmers or chefs, nutrition and/or agriculture-lesson plans or activities, and experiences that foster curiosity about food production. Partners that support this challenge requirement include:

Agricultural Literacy Program is with the University Of Arizona's College of Agriculture and Life Sciences Cooperative Extension (UA Cooperative Extension) provides Pre K-12 educators with professional developing for improving students' knowledge and connection to agriculture in Arizona. For more information visit <http://cals.arizona.edu/agliteracy/home>.

Agriculture in the Classroom (AIRC) is a K-6 program of the Arizona Farm Bureau. Supported by members of the organization, AIRC develops and implements curriculum and programs that align to state standards to assist teachers in implementing agriculture education into their classroom. For more information visit: <https://www.azfb.org/Programs/Agriculture-in-the-Classroom>

CONNECT

Photo courtesy of Yuma Elementary School District

Sample Social Media Statements

Help us engage with diverse audiences by keeping hunger at bay with farm fresh and healthy agriculture products available over the summer months! Simply plug these posts into your social media platforms to help spread the word about the challenge. You also are encouraged to help incorporate the articles into newsletters, blogs and listservs to help celebrate Farm to Summer!

- Taste, Teach, and Connect Arizona. Celebrating Arizona agriculture during June 15th-21st, Farm to Summer! #SummerFreshAZ
- Arizona's agriculture is a 23.3-billion-dollar industry! Let's celebrate Arizona's bounty June 15th-21st for Farm to Summer! #SummerFreshAZ
- Arizona's summer harvest includes: melons, sweet corn, tomatoes, peppers and cucumbers. Summer never tasted so good. #SummerFreshAZ
- _____ is participating in the Farm to Summer Challenge to show that fresh and healthy food is important to children across the state. #SummerFreshAZ
- Help us celebrate Farm to Summer through gardening, an important practice that teaches children where their food comes from! #SummerFreshAZ

TASTE Arizona Challenge Tiers



2020 Farm Fresh Challenge Criteria

Taste Arizona

Source and serve three local meal components.

Teach Arizona

Offer two educational enrichment opportunities, per participating school site, that encourage children to learn where their food comes from.

Connect Arizona

Post at least one post using #FarmFreshAZ or #AZf2S on your social media account(s).



How to **grow** your Taste Arizona Challenge

Copper Standard

One of three meal components can come from fluid milk. Two or more of the three components can come from fruits and vegetables. The copper standard is designed to help SFAs hit an easy-to-reach standard. Fluid milk along with fresh fruits and vegetables are a common first step for buy-local menus.

Silver Standard

Two of three meal components can come from fluid milk, fruits and/or veggies. One of the three meal components must come from meat/meat alternative, grains or a non-fluid milk dairy item like cheese or yogurt. The silver standard is designed for SFAs looking to trial a new local ingredient or item.

Gold Standard

This incorporates more scratch cooked items. Two of the three meal components can come from fruits and/or veggies. One of three meal components must come from meat/meat alternatives, whole grains or non-fluid milk dairy items like cheese or yogurt. Milk does not count in the gold standard.

Harvest of the Season Program **NEW**

Cafeteria & Classroom Posters

Educational Newsletters



Eat More Arizona Grown Apples

Nutrients Found in Apples

- Fiber:** Helps with digestion and helps the heart healthy.
- Vitamin C:** Maintains a healthy immune system and reduces stress.
- Potassium:** Maintains fluid balance and blood pressure and plays a role in bone health.

APPLES

HARVEST OF THE SEASON

Make your plate vibrant with fruit.

According to the 2017 Agriculture Census, the bearing age acres of apples was reported as 490 across 109 farms.

Choose a fresh, shiny, firm, smooth-skinned apple that has a sheen.

Arizona grows vegetables and fruits that are delicious and nutritious when purchased in season.



Apples
Harvest of the Season

Eat More Arizona Grown Apples

Fruits are nature's power food! Eating a variety of fruits provides different vitamins and minerals to help keep your heart, teeth, gums, eyes, and skin healthy. Eat them every day at meals and snacks.

Buy fresh fruits like Apples in season when flavor and price are best!

According to the 2017 Agriculture Census, the bearing age acres of apples was reported as 490 across 109 farms.

Why Eat More Apples?

Apples are full of nutrients. Here's how the nutrients in Apples keeps you and your family healthy:

Nutrients Found in Apples
Fiber Apples are rich in fiber which helps with digestion and keeps the heart healthy.
Calcium Helps build strong bones and teeth.
Vitamin C Maintains a healthy immune system and reduces stress.
Potassium Maintains fluid balance and blood pressure and plays a role in bone health.
Phosphorus Phosphorus is a needed nutrient during metabolism and helps build strong bones and teeth.

What are the Different Types of Apples?

Try different types of Apples to find your family's favorite. These are a few types of Apples grown in Arizona:

- Galas
- Fuji
- Cameo
- Granny Smith
- Ambrosia
- Pink Lady
- Sundowner



Plant and Grow Apples

- When choosing an apple tree, make sure to pick a bare root, one-year old, dormant tree.
- Choose a location where the tree will collect the most sunlight.
- When planting an apple tree, dig a hole, spread the roots, and establish in soil.
- The bearing age of apples is 3-8 years and they have a life expectancy of 20-30 years. Pruned apple trees can reach a height of 20ft and a spread of 30-40ft.

Visit <https://apnursery.com/blog/growing-apple-trees-in-phoenix/> for harvest and planting information.

Apple Broccoli Salad

Ingredients:

- 3 apples
- 3 cups fresh broccoli, cut up
- 1/4 cup chopped pecans
- 1 tablespoon chopped red onion
- 1/3 cup raisins
- 1/2 cup nonfat yogurt, vanilla flavored
- Lettuce (optional)

Directions:

1. Wash hands with warm water and soap. Wash fresh fruits and vegetables before preparing.
2. Cut the apple and take out the seeds. Chop the apple.
3. Mix all ingredients together.
4. Serve on lettuce.

For more apple recipes visit:
https://www.azhealthzone.org/recipes?keywords=apples&category_id=0

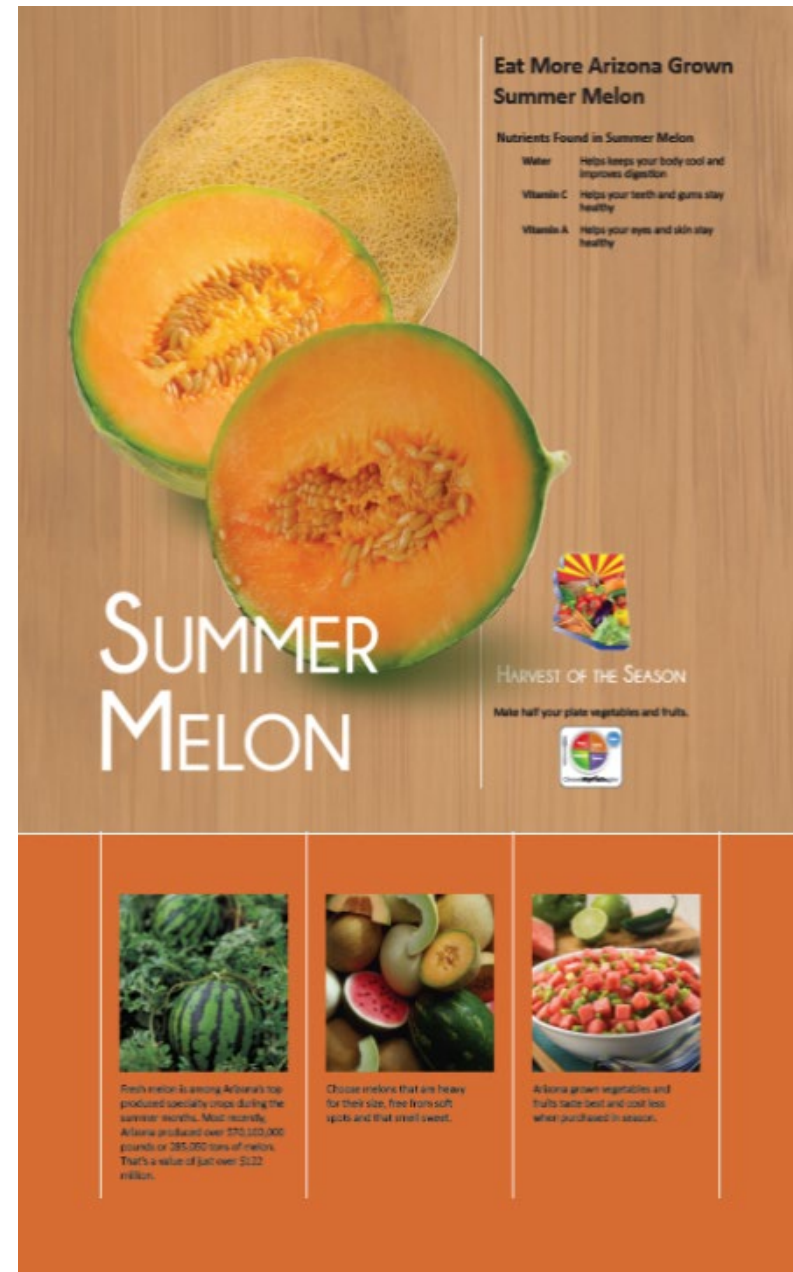
Choose Local Grown Vegetable and Fruits

- Arizona Grown vegetables and fruits taste best and cost less when purchased in season.
- Vegetables and fruits grown in Arizona spend less time being transported. This causes less damage to the vegetables and fruits.
- When farmers sell directly to consumers, they cut out the middleman and receive full value for their product. This allows farmers to continue to farm and provide service to the community.
- Let your kids be produce pickers. Help them pick vegetables at a grocery store, your local farmers' markets, or at a u-pick farm near you! Go to arizonagrown.org for more information.

Visit the School Food Programs section of the Arizona Department of Education Health and Nutrition Services website at www.azed.gov for more information.

Harvest of the Season Program Materials

Cafeteria & Classroom Posters



Harvest of the Season Café posters are intended to be used when serving any of the product modules on the service line. This helps students, waiting in line, identify a special item provided at meal service and may help students select this item when available.

Educational Newsletters

Ag Facts

Nutrition Info

Recipes

Plant Your Own

Why local is important

Summer Melon Harvest of the Season

Eat More Arizona Grown Summer Melon

Vegetables and fruits are nature's power foods! Eating a variety of vegetables and fruits gives you different vitamins and minerals to help keep your heart, teeth, gums, eyes and skin healthy. Eat them every day at meals and snacks.

Buy fresh fruits, like summer melon, in season when flavor is best and the price is low!

Fresh melon is among Arizona's top produced specialty crops during the summer months. Most recently, Arizona produced over 570,100,000 pounds or 285,050 tons of melon. That's a value of just over \$122 million.

Why Eat More Summer Melons?

Summer melons are full of nutrients. Here's how the nutrients in summer melons keep you and your family healthy:

Nutrients Found in Summer Melon	
Water	Helps keep your body cool and improve digestion
Vitamin C	Helps your teeth and gums stay healthy
Vitamin A	Helps your eyes and skin stay healthy
Fiber	Helps keep your heart healthy and improve digestion
Potassium	Helps you maintain a healthy blood pressure

What Are the Different Types of Summer Melon?

Try different types of summer melon to find your family's favorite. These are a few types of summer melon grown in Arizona on farms of all sizes:

- Cantaloupe
- Honeydew
- Watermelon
- Canary

- Casaba
- Crenshaw
- Orange Flesh

- Santa Claus
- Sharlyn
- Galia

Plant and Grow Summer Melon

Melons are warm weather crops and require a long growing season from seed to harvest. Gardeners should be aware of the amount of space that melon vines need to maximize growth. Increasing the number of pollinators, like bees, will increase the amount of melons on each vine.

Visit extension.arizona.edu for harvest and planting information.

Arizona Grown Watermelon Fire and Ice Salsa

Ingredients:

- 3 cups chopped watermelon
- 1/2 cup chopped green onions
- 2 tablespoons lime juice
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1-2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Directions:

1. Wash hands in warm water and soap. Wash fresh fruits and vegetables before preparing.
2. Combine all ingredients; mix well.
3. Cover and refrigerate at least one hour before serving.

Makes 6 (1/2 cup) servings

Nutrition Facts

per serving

calories.....237

carbohydrates...47 gm

protein.....9 gm

total fat.....3 gm

saturated fat.....0 gm

trans fat.....0 gm

cholesterol.....0 mg

fiber.....9 gm

total sugars.....12 gm

sodium.....352 gm

calcium.....110 gm

potassium.....176 mg

iron.....3 mg

calories from fat...11%

For more free recipes, visit EatWellBeWell.org.

Choose Locally Grown Vegetables and Fruits

- Arizona grown vegetables and fruits taste best and cost less when purchased in season.
- Vegetables and fruits grown in Arizona spend less time in the back of a truck. This causes less damage to the vegetables and fruits.
- When farmers sell directly to consumers, they cut out the middleman and receive full value for their product. This allows farmers to continue to farm and provide service to the community.
- Let your kids be produce pickers. Help them pick vegetables at a grocery store, farmers' markets, or at a u-pick farm near you! Go to arizonagrown.org for more information.

Visit the School Food Programs section of the Arizona Department of Education's Services website at www.azed.gov for more information.

FREE to download: azed.gov/hns/f2s

TASTE Arizona

List of Local Items

TASTE Arizona Idea Gallery



October 2020

The Arizona Department of Education, Health and Nutrition Services (HNS) challenges their National School Lunch Program (NSLP) sponsors to participate in a state-wide opportunity to connect their community with locally produced foods in meal service. This Challenge works to support student awareness and consumption of fresh and healthy foods. Each component of the Farm Fresh Challenge inspires communities to **TASTE Arizona** foods, **TEACH Arizona** agriculture and **CONNECT Arizona** communities together. The purpose of this Challenge remains important even in the adjustments observed during the COVID-19 pandemic. We understand that NSLP School Food Authorities may need to modify the types of local food items that they plan to serve for the TASTE Arizona requirement of the challenge in order to serve them in a grab-n-go style.

Common Items that can be sourced from Arizona Producers and served in Grab-n-Go Style Meals:

Fruits & Vegetables

October Fruits

- Honey Dew
- Cantaloupe
- Watermelon
- Peaches
- Apricots (short season)
- Plums (short season)
- Apples (early)

October Vegetables

- Cucumbers
- Crookneck squash
- Mexican Grey squash
- Zucchini
- Tomatoes
- Radishes
- Sweet Corn

Dairy Items

Local Fluid Milk

- Fat Free White
- 1% White Milk
- 2% White Milk
- Fat Free Flavored Milk

Local Yogurt

- Greek Yogurt
- Fat Free Yogurt

Local Cheese

- Cheese Curds
- Cheddar Cheese
- Colby Cheese

Grains

Local Grains

- Wheat Berries
- Wheat Flour
- Corn Meal (white, yellow, blue)
- Other grains (farro, barley, oats etc)

Meat/ Meat Alt.

Local Meat

- Ground beef
- Ground pork
- Chicken drum sticks

Local Meat Alternatives

- Beans
- Eggs

Ideas for Meal Service

Taste Arizona Grab-n-Go Idea Gallery



Pickled Squash or
Cucumbers



Fresh Apple



Cupped Grape Tomatoes



To-Go Salads



Cupped Bean Salad



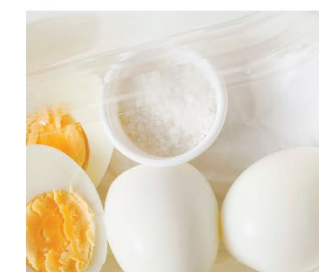
Butternut Squash Soup



Grain Bowl



House-Made Wheat Roll
Sandwiches



Hard Boiled Egg

Disclaimer: For the purposes of this Challenge, all items sourced for the USDA National School Lunch Program, should comply with 2 CFR 200.317-326. For food procurement questions email SFPReviews@azed.gov.

TEACH Arizona

List of Food Education Resources

Leaning in: Teach Arizona Modifications during the COVID-19 response



2020 Farm Fresh Challenge

The Arizona Department of Education, Health and Nutrition Services (HNS) challenges their National School Lunch Program (NSLP) sponsors to participate in a state-wide opportunity to connect their community with locally produced farm fresh foods each year. This Challenge works to support student awareness and consumption of fresh and healthy foods. Each component of the Farm Fresh Challenge inspires communities to Taste Arizona foods, Teach Arizona agriculture and Connect Arizona communities together. The purpose of this Challenge remains important even in the adjustments observed during the COVID-19 pandemic. In light of the COVID-19 response to emergency feeding, HNS encourages families to learn Arizona's agricultural landscape through the online tools provided by partners of Arizona's farm and ranch families.

Teach Arizona #FarmFreshAZ

Online Opportunities to Engage

Online Videos

- U of A Cooperative Extension
 - Native Nations Institute
 - Arizona Farm Bureau (AZFB)
 - Fill Your Plate
 - Agriculture In the Classroom (AITC)
 - Dairy Council of Arizona (DCAZ)
 - Arizonamilk.org
 - Arizona Beef Council
 - ArizonaBeef.org
 - Arizona Health Zone
 - 'Eat Healthy' Videos
- ##### Podcasts
- Arizona Department of Agriculture
 - Short Division Videos via website
 - Friends of Arizona Farm Bureau
 - Talk to a Farmers Friday via Facebook Live

Online Lessons

- Arizona Department of Agriculture
 - Guide to Agriculture
 - Specialty Crop Guide
- U of A Cooperative Extension
 - Master Gardener Program
 - Agricultural Literacy Program (see matrix)
- Arizona Farm Bureau
 - Agriculture in the Classroom (AITC)
 - The Voice of Arizona Agriculture blog
- Arizona Health Zone
 - Recipes
- Slow Food Chapters
 - Slow Food Prescott
 - Slow Food Phoenix
 - Slow Food Southern Arizona
- Arizona Department of Education
 - Harvest of the Season
 - upLIFT
- Mollen Foundation
 - Harvest of the Month
- USDA Team Nutrition Materials

Social Media

- U of A Cooperative Extension
 - @UniversityofArizonaCooperativeExtension
- Arizona Department of Agriculture
 - @ArizonaDepartmentofAgriculture
- Arizona Farm Bureau
 - @AZFB AITC Facebook
 - @Fill Your Plate
 - @AZfarmbureau
- Dairy Council of Arizona
 - @AZ MilkProducers
- Arizona Beef Council
 - @ArizonaBeef
- Local First Arizona
 - @GoodFoodAZ
- Slow Food Chapters
 - @SlowFoodPrescott Facebook
 - @SlowFoodPhoenix
 - @SlowFoodSouthernArizona

Ideas for Remote Food Education

Pick Two & Post Two on Social Media #FarmFreshAZ + tag your Feeding Site



Monday

Pre-K: Review Booklet 5 in USDA Team Nutrition's Grow It, Try It, Like it Lessons - See Coloring Page
Kindergarten: Review the daily read aloud story on the AZFB AITC Facebook Page
Lower Elementary: Review A Garden Plot: A Tale of Peter Rabbit lesson from UofA Agricultural Literacy
Upper Elementary: Review A Day Without Dairy from UofA Agricultural Literacy
Middle School: Review Mollen Foundation's Harvest of the Season Materials
High School: Review Arizona Department of Agriculture's 'Guide to Agriculture' and compare to the 2017 Census of Agriculture Summary for Arizona

Tuesday

Pre-K: If available, try fresh and locally sourced cantaloupe for snack and discuss how it tastes
Kindergarten: For ages 3 and up -- play "Scoop on Soil Game" from AZFB AITC
Lower Elementary: Attend a virtual dairy farm field trip through DCAZ's website at arizonamilk.org
Upper Elementary: Review DCAZ's Daisy's Dairy Dreams Flip Book or Video under "Ag Literacy"
Middle School: Cook something healthy using a recipe from AZHealthZone's Recipe Collection
High School: A Tale of Two Burgers: Beef and Plant-based Protein Lesson from UofA Agricultural Literacy Matrix

Wednesday

Pre-K: Review Booklet 5 in USDA Team Nutrition's Grow It, Try It, Like it Lessons - See Reading Activity
Kindergarten: Review AZFB AITC's 'Tops and Bottoms' lessons under "teacher resources"
Lower Elementary: Review AZFB AITC's 'Parts of A Plant' flashcard game under "teacher resources"
Upper Elementary: Review the 'Remarkable Ruminant' lesson on Arizona Beef Council's lessons page
Middle School: Request AZFB's 'Hatch at Home' kit to hatch baby chicks at home email: aitic@azfb.org
High School: Cook something healthy using a recipe from AZHealthZone's Recipe Collection

Thursday

Pre-K: Review Booklet 5 in USDA Team Nutrition's Grow It, Try It, Like it Lessons - see Cantaloupe Friends
Kindergarten: Try one of the AZFB AITC's kits through their 'Lending Library"
Lower Elementary: Growing Beans Without Soil Plant Lessons with Videos from AZFB AITC under "teacher resources"
Upper Elementary: Prepare a simple and healthy snack using a recipe from AZHealthZone's Recipe Collection
Middle School: Review an "Ag Issues Webinars" under AZFB AITC under "Ag Issues"
High School: Review Arizona Beef Council's lesson on "Ranchers Care About Cattle" under resources.

Friday

Pre-K: Review Booklet 5 in USDA Team Nutrition's Grow It, Try It, Like it Lessons - Old MacDonald Song
Kindergarten: Try one of UofA Agriculture Literacy's Specialty Crop Lessons like under "lessons"
1st-3rd Grade: Review "Food Production on Earth and Beyond" lesson from UofA Agricultural Literacy
4th-6th Grade: Try one of AZFB AITC's Farm Friday Fun with Arizona Agriculture contest activities
7th-8th Grade: Visit one of the Virtual Tours found on AZFB AITC under "teacher resources" web page
High School: Tune into Friends of Arizona Farm Bureau "Talk with a Farmer Friday" Facebook Live Session

This institution is an equal opportunity provider.

This institution is an equal opportunity provider.

November's Farm Fresh Challenge Checklist

- ✓ Register by October 31st
- ✓ Execute Challenge November 1st-30th
 - ✓ Serve 3 NSLP/ SSO/ SFSP Reimbursable Meal Components
 - ✓ Offer 2 (online or in-person) Educational Experiences
 - ✓ Share 1 picture about your challenge on preferred media outlet
- ✓ Complete closing survey by **December 1st**
- ✓ Submit recipes/ production record/ menu to Ashley Schimke by **December 1st**

Registration:

[https:// www.surveymonkey.com/ r/ WYR2T63](https://www.surveymonkey.com/r/WYR2T63)



Contact Ashley Schimke:

Ashley.Schimke@azed.gov

(602) 364-2282

Recorded & Upcoming Opportunities in October 2020

- ✓ **October 20th** Stay uplifted Webinar Series [Register Here!](#)
- ✓ **October 21st** Sustainable Funding Streams for School Gardens with Susan Silverman [Register Here!](#)
- ✓ **September 16th** Aligning School Garden Curriculum with Academic Standards with Gigette Webb (**Recorded**)
- ✓ **September 30th** Virtual Food Education with Paige Mollen (**Recorded**)

Recordings :

<https://www.azed.gov/hns/nslp/training>



Contact Ashley Schimke:

Ashley.Schimke@azed.gov

(602) 364-2282

Q&A



Congratulations!

You have completed the *Farm Fresh Challenge (NSLP) November Prep Webinar*.

To request a certificate, please go to the next slide.

In order to count this training toward your Professional Standards training hours, the training content must align with your job duties.

Information to include when documenting this training for Professional Standards:

- Training Title: *Farm Fresh Challenge (NSLP) November Prep Webinar*
- Learning Codes: 1130, 1170, 1230, 3230
- Key Area: Nutrition
- Length: 1 hour

Please Note: Attendees must document the amount of training hours indicated regardless of the amount of time it takes to complete it.



Congratulations!

Requesting a training certificate

Please click on the link below to complete a brief survey about this webinar. Once the survey is complete, you will be able to print your certificate of completion from Survey Monkey. **This will not appear in your Event Management System (EMS) Account.*

<https://www.surveymonkey.com/r/RecordedWebinarOnlineSurvey>

The information below is for your reference when completing the survey:

- Training Title: Farm Fresh Challenge (NSLP) November Prep Webinar
- Professional Standards Learning Codes: 1130, 1170, 1230, 3230

