



# 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
<b>Fiber</b> Apples are rich in fiber which helps with digestion and keeps the heart healthy.
<b>Calcium</b> Helps build strong bones and teeth.
<b>Vitamin C</b> Maintains a healthy immune system and reduces stress.
<b>Potassium</b> Maintains fluid balance and blood pressure and plays a role in bone health.
<b>Phosphorus</b> 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

## How Much Do We Need?

In general, your family should eat:

Age	Vegetables	Fruits
Children 2-3	1 cup	1 cup
Children 4-8	1 ½ cup	1 to 1 ½ cups
Other children and teens	2 to 3 cups	1 ½ to 2 cups
Adults	2 ½ to 3 cups	2 cups

Sometimes new food introduction takes time. Kids don't always take new foods right away. Offer fruits like Apples many times. Give them a taste at first and be patient with them.

Make half your plate vegetables and fruits. Visit **[choosemyplate.gov](https://www.choosemyplate.gov)** for more information.

## How to Choose, Store and Prepare Apples

### Choose:

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

### Store:

- Place apples in a plastic bag and store in the refrigerator at 40° F or below. Make sure to store it away from strong-odored foods.
- Apples are good to eat up to 3 weeks.

### Prepare:

Fresh Apples make an excellent side or snack. Keep cut up apples on hand for a fresh and healthy alternative.

1. Before preparing, wash hands for 20 seconds with warm water and soap.
2. Cut any bruised part of the apple and be sure to wash and rinse under running water.
3. Dry apples with a cloth or paper towel.
4. Apples can be cut, eaten fresh, microwaved, boiled, roasted, or grilled.

*Tip: Wash and dry apple seeds to plant in your garden.*



## 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 apples 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.

## Chipotle Apple Slaw

### Ingredients:

¼ cup Greek Yogurt  
1 tablespoon diced chipotle pepper in adobe sauce (about 1 pepper)  
1 teaspoon olive oil  
2 teaspoons apple cider vinegar  
1 tablespoon sugar  
¼ teaspoon kosher salt  
3 cups finely shredded red cabbage  
¼ cup diced sweet onion  
½ cup shredded carrots  
1 cup diced apple with skin  
¼ cup finely chopped parsley

### Directions:

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. Combine yogurt, chipotle pepper, olive oil, apple cider vinegar, sugar, and salt in a large mixing bowl. Whisk well until mixed and set aside.
3. Add cabbage, onion, carrots, apple, and parsley to yogurt mixture. Toss to combine.
4. Cover and refrigerate for 30 minutes prior to serving to allow cabbage to wilt and for flavors to develop. Note. Use less chipotle pepper to decrease the spiciness.



**Makes 4 servings**

### Nutrition Facts

per serving  
Calories ..... 80  
Carbohydrate..... 16 g  
Protein..... 3 g  
Total fat..... 1.5 g  
Saturated fat..... 0 g  
Trans fat..... 0 g  
Cholesterol ..... 0 mg  
Fiber ..... 3 g  
Total sugar..... 11 g  
Sodium ..... 180 mg  
Calcium ..... 54 mg  
Folate ..... 23 mcg  
Iron..... 1 mg

For more apple recipes visit  
[azhealthzone.org/recipes](http://azhealthzone.org/recipes)

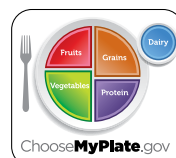
## Choose Local Grown Vegetable and Fruits

- 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](http://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](http://www.azed.gov) for more information.



Harvest of the Season





# Broccoli

## Harvest of the Season

### Eat More Arizona Grown Broccoli

Vegetables are good for your family and fun for kids! Eating a variety of vegetables gives you lots of vitamins and minerals you need. Choose to make half your plate vegetables and fruits and help keep your heart, teeth, gums, eyes and skin healthy.

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

Broccoli is one of the top vegetables grown in Arizona. Most recently, broccoli was harvested from 9,329 acres. That is 1 billion pounds of broccoli!

### Why Eat More Broccoli?

Broccoli is full of nutrients. Here is how the nutrients in Broccoli keep you and your family healthy:

Nutrients Found in Broccoli	
<b>Vitamin A</b>	Helps your eyes and skin stay healthy.
<b>Vitamin C</b>	Helps your teeth and gums stay healthy.
<b>Vitamin K</b>	Plays a role in bone and blood health.
<b>Fiber</b>	Helps keep your heart healthy and improves digestion.
<b>Calcium</b>	Helps form bones and teeth and keeps them strong.

### What are the Different Types of Broccoli?

Broccoli is a plant in the cabbage family. The most common types of Broccoli are:

- Broccolini
- Broccoli Rabe (Rapini)
- Broccoflower
- Calabrese
- Romanesco Broccoli



## How Much Do We Need?

In general, your family should eat:

Age	Vegetables	Fruits
Children 2-3	1 cup	1 cup
Children 4-8	1 ½ cup	1 to 1 ½ cups
Other children and teens	2 to 3 cups	1 ½ to 2 cups
Adults	2 ½ to 3 cups	2 cups

Patience works better than pressure. Offer your children new foods. Then let them choose how much to eat. Kids are more likely to enjoy a food when they have made the choice to try it.

Make half your plate vegetables and fruits. Visit [choosemyplate.gov](https://www.choosemyplate.gov) for more information.

## How to Choose, Store and Prepare Broccoli

### Choose:

- Choose odorless, bright bluish-green, and firm broccoli heads. Stems should be very firm.

### Store:

- Fresh broccoli should be refrigerated in a dry loose plastic bag.
- Eat fresh broccoli within three to five days of purchase.
- Fresh broccoli can be stored in the freezer for 12 to 18 months.

### Prepare:

Roasting broccoli maintains nutrients and brings out flavor.

1. Rinse the broccoli in cold water.
2. Using a cutting board, cut about three to four inches off of the bottom stems. Slice each stem of broccoli into four or more pieces and place on a baking pan.
3. Spread the broccoli evenly on the baking pan.
4. Bake in preheated oven at 425° F for 12 minutes.

*Broccoli tastes good raw or cooked. They can be steamed, sautéed or blanched.*

## Plant and Grow Broccoli

- Plant broccoli seeds with your kids! Plant your seeds in an area or garden with full sun exposure.
- Broccoli can grow from a seed indoors for an early spring garden and from a seed or young plant for a fall garden. Seeds and young plants can be purchased at your local garden store.
- Broccoli grows well in cool climates. They grow best in temperatures around 60° to 65° F.
- Broccoli needs about two to three months to grow. They are mature when the broccoli heads are tight and have a solid green color. Cut broccoli with six to eight inches of stem remaining.

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

## Apple Broccoli Salad

### Ingredients:

3 apples, chopped  
3 cups fresh broccoli, chopped  
1 tablespoon red onion, chopped  
¼ cup pecans, chopped  
⅓ cup raisins  
½ cup fat free vanilla yogurt  
Lettuce (optional)



**Makes 6 servings**

### Nutrition Facts

per serving	
Calories .....	134
Carbohydrate.....	25 g
Protein.....	3 g
Total fat.....	3 g
Saturated fat.....	0 g
Trans fat.....	0 g
Cholesterol .....	0 mg
Fiber .....	5 g
Total sugar.....	0 g
Sodium .....	32 g
Calcium .....	66 g
Folate .....	29 mcg
Iron.....	1 mg
calories from fat.....	31%

### Directions:

1. Wash hands with warm water and soap.
2. Wash broccoli and apples. Cut the apple and take out the seeds.
3. Chop the broccoli, apples and onion.
4. Add pecans to chopped broccoli, apples and onion.
5. Mix all ingredients together.
6. Serve cold.

For more free recipes visit **azhealthzone.org/recipes**

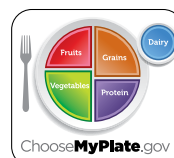
## Choose Local Grown Vegetable and Fruits

- 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.

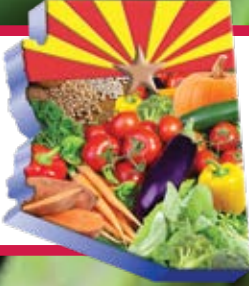
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Harvest of the Season







# Carrots

## Harvest of the Season

### Eat More Arizona Grown Carrots

Vegetables come in different colors and flavors, but their real beauty lies in what's inside. Eating a variety of vegetables gives you lots of vitamins and minerals you need. Fill half your plate with vegetables and fruits and help keep your heart, teeth, gums, eyes and skin healthy.

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

Most recently, carrots were harvested from 3,151 acres across 105 farms.

### Why Eat More Carrots?

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

Nutrients Found in Carrots	
<b>Vitamin A</b>	Helps your eyes and skin stay healthy.
<b>Vitamin C</b>	Helps your teeth and gums stay healthy.
<b>Fiber</b>	Helps keep your heart healthy and improves digestion.
<b>Potassium</b>	Helps you maintain a healthy blood pressure.

### What are the Different Types of Carrots?

Carrots come in different colors like:

- Orange
- Purple-Maroon
- Yellow
- White-Satin

## How Much Do We Need?

In general, your family should eat:

Age	Vegetables	Fruits
Children 2-3	1 cup	1 cup
Children 4-8	1 ½ cup	1 to 1 ½ cups
Other children and teens	2 to 3 cups	1 ½ to 2 cups
Adults	2 ½ to 3 cups	2 cups

Kids learn from watching you. Eat vegetables and fruits and they will, too

Make half your plate vegetables and fruits. Visit **[choosemyplate.gov](https://www.choosemyplate.gov)** for more information.

## How to Choose, Store and Prepare Carrots

### Choose:

- Choose well-shaped, smooth, firm, crisp carrots with deep coloring and fresh green tops.

### Store:

- Carrots should be stored in the refrigerator with the green leafy tops cut off.
- Refrigerate carrots in a plastic bag with the tops removed for up to two weeks.
- Fresh carrots can be stored in the freezer for up to one year.

### Prepare:

Raw carrots make a perfect snack. Add carrots to salads, soups and stews.

1. Rinse the carrots in cool running water.
2. Peel your carrots with a vegetable peeler at a downward angle to remove skin. Continue to peel until the skin is completely removed.

*Carrots taste good raw or cooked. They can be steamed, sautéed, boiled or roasted.*



## Plant and Grow Carrots

- Plant carrot seeds with your kids. Plant your seeds in an area or garden with full sun exposure.
- Carrots grow well in Arizona.
  - In the central region of Arizona, plant between August and April.
  - In the northern region of Arizona, plant between April and August.
- Carrots grow and are ready to be cut in two to three months.
- Different carrots grow in a variety of soil types.
  - Shorter thicker carrots grow well in hard clay soils.
  - Longer thinner carrots grow well in sandy soils.

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

## Delightful Carrot Salad

### Ingredients:

8 large carrots  
2 tablespoons lemon juice  
1 tablespoon vegetable oil  
1 tablespoon low sodium soy sauce  
1 teaspoon ginger, finely grated  
1 teaspoon sugar  
¼ teaspoon red pepper flakes  
1/3 cup cilantro chopped  
3 cups (about 1 bunch) chopped fresh spinach  
¼ thinly sliced, small red onion

### Directions:

1. Wash hands with warm water and soap.
2. Wash fresh vegetables before preparing.
3. Peel carrots and cut into thin slices.
4. Bring a large pot of water to a boil over high heat. Add sliced carrots and cook until just tender, about 2 minutes.
5. When carrots are done, drain and transfer to a large bowl.
6. In a small bowl, mix together lemon juice, oil, low sodium soy sauce, ginger, sugar and red pepper flakes. Pour mixture over carrots.
7. Add cilantro, spinach and onions into carrots and toss until everything is coated.
8. Chill for at least 1/2 hour before serving.
9. Serve cold.



**Makes 6 servings**  
approximately 1 cup each

### Nutrition Facts

per serving	
Calories .....	80
Carbohydrate.....	13 g
Protein.....	3 g
Total fat.....	3 g
Saturated fat .....	0 g
Trans fat .....	0 g
Cholesterol .....	0 mg
Fiber .....	4 g
Total sugar.....	6 g
Sodium .....	201 mg
Calcium .....	90 mcg
Folate .....	131 mcg
Iron.....	2 mg
Calories from fat .....	31%

*Courtesy of Anne Stears, M.S., R.D.,  
Health Educator, University of Arizona  
SNAP-Ed program.*

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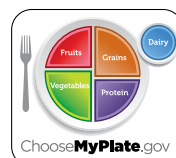
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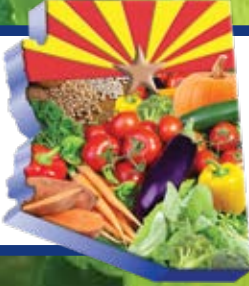
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Harvest of the Season





# Celery

## Harvest of the Season

### Eat More Arizona Grown Celery

Vegetables are nature's power food! 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 vegetables, like Celery, in season when flavor is best, and price is low!

Celery is one of the top Arizona grown items purchased in Arizona schools, next to leafy greens and carrots. Most recently, celery was harvested on 1,565 acres in Arizona from 18 farm operations. Arizona can produce 5,601,500 pounds of organic celery in one year!

### Why Eat More Celery?

Celery is full of nutrients. Here's how the nutrients in Celery keep you and your family healthy:

Nutrients Found in Celery	
<b>Water</b>	Helps to keep your body cool and improve digestion.
<b>Fiber</b>	Helps keep your heart healthy and improve digestion.
<b>Vitamin A</b>	Helps your eyes and skin stay healthy.
<b>Vitamin C</b>	Helps keep your teeth and gums healthy.

### What are the Different Types of Celery?

Different types of Celery grow best in different climates and are harvested in various seasons. There are few types of Celery that can grow well in Arizona.

- Tall Utah
- Par Cel
- Ventura
- Afina
- Tango Green
- Verde Pascal



## How Much Do We Need?

In general, your family should eat:

Age	Vegetables	Fruits
Children 2-3	1 cup	1 cup
Children 4-8	1 ½ cup	1 to 1 ½ cups
Other children and teens	2 to 3 cups	1 ½ to 2 cups
Adults	2 ½ to 3 cups	2 cups

You are a positive influence in your children's lives. Help them develop healthy eating habits for life. Offer them vegetables and fruits at meals and snacks.

Make half your plate vegetables and fruits. Visit **[choosemyplate.gov](https://www.choosemyplate.gov)** for more information.

## How to Choose, Store and Prepare Celery

### Choose:

- Choose stalks that look fresh, crisp, and free from yellow edges.
- Avoid stalks that look wilted and the have brightly colored outer leaves.
- Choose stalks that are heavy in weight.

### Store:

- Rinse celery under cool, running water. Be sure to rub off any excess dirt that you see.
- Cut off and throw away the end of the stalk, but keep the leaves for soups, salads, or casseroles.
- Store any leftover celery in an airtight container in the fridge for a week or more.

### Prepare:

Raw celery makes for a tasty snack. It can be used to add flavor for soups or stews. To cook on the stovetop: slice or chop celery and sauté with carrots and onions.

1. Heat a small amount of vegetable oil or another fat in a large skillet over medium heat.
2. Add celery (other vegetables are optional), stir occasionally until just brown or soft, about 5 minutes.

*TIP: Freeze celery leaves and add to soup for extra flavor.*

## Plant and Grow Celery

- Arizona is divided into six planting regions. Celery can be planted in elevations reaching 1,000-3,000 feet between August-October. In elevations above 3,000 feet, planting takes place between mid-May and mid-July.
- Celery needs about 125 days to grow. It is not recommended that elevations higher than 6,000 feet plant due to celery's high risk of freezing.
- Tie celery stalks together to keep from spreading.

Visit [extension.arizona.edu](http://extension.arizona.edu) for harvest and planting information.

## Wrap Attack

### Ingredients:

4 ounces fat-free cream cheese, softened  
 ½ cup salsa  
 2 celery stalks, chopped  
 2 carrots, chopped  
 ½ green bell pepper, chopped  
 ½ cup low fat cheddar cheese, shredded  
 4 (9 inch) whole wheat tortillas

### Directions:

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. Mix cream cheese and salsa until smooth and creamy in small bowl.
3. Spread mixture on each of the tortillas.
4. Top with vegetables and shredded cheese.
5. Roll tortillas to make a wrap.
6. Serve.



**Makes 4 servings**  
**1 wrap each**

### Nutrition Facts

per serving  
 Calories ..... 248  
 Carbohydrate..... 32 g  
 Protein..... 16 g  
 Total fat..... 5 g  
 Saturated fat ..... 1.4 g  
 Trans fat ..... 0 g  
 Cholesterol ..... 9 mg  
 Fiber ..... 4 g  
 Total sugar..... 6 g  
 Sodium ..... 594 mg  
 Calcium ..... 241 mg  
 Folate ..... 18 mcg  
 Iron..... 1.5 mg  
 calories from fat..... 32%

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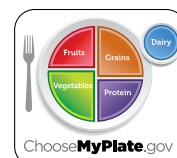
## Choose Local Grown Vegetable and Fruits

- 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](http://arizonagrown.org) for more information.

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Harvest of the Season







# Citrus

## Harvest of the Season

### Eat More Arizona Grown Citrus

Vegetables and fruits come in different colors and flavors, but their real beauty is found inside. Eating a variety of vegetables and fruits gives you lots of vitamins and minerals you need. Fill half your plate with vegetables and fruits and help keep your heart, teeth, gums, and skin healthy.

Buy fresh fruits, like Citrus, in season when flavor is best, and price is low!

Citrus is one of Arizona five "C's" of agriculture, and it is one of Arizona's oldest specialty crops. Most recently, lemons were harvested from 7,117 acres and 145 farm operations! Also, tangerines were harvested from 52 acres.

### Why Eat More Citrus?

Citrus is full of nutrients. Here is how the nutrients in Citrus keep you and your family healthy:

Nutrients Found in Citrus	
<b>Vitamin C</b>	Helps your teeth and gums stay healthy.
<b>Fiber</b>	Helps keep your heart healthy and improves digestion.
<b>Calcium</b>	Helps form bones and teeth and keep them strong.
<b>Potassium</b>	Helps you maintain a healthy blood pressure.

### What are the Different Types of Citrus?

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

- Oranges (*Navel, Blood, Mandarin, Sweet, Temple, Valencia*)
- Tangerines (*Fairchild, Minneola, Orlando*)
- Lemons
- Limes
- Grapefruit (*Red Blush, Rio Red, Oro Blanco*)
- Pomelo

## How Much Do We Need?

In general, your family should eat:

Age	Vegetables	Fruits
Children 2-3	1 cup	1 cup
Children 4-8	1 ½ cup	1 to 1 ½ cups
Other children and teens	2 to 3 cups	1 ½ to 2 cups
Adults	2 ½ to 3 cups	2 cups

Kids learn by watching you. Eat vegetables and fruits and they will too.

Make half your plate vegetables and fruits. Visit **[choosemyplate.gov](https://www.choosemyplate.gov)** for more information.

## How to Choose, Store and Prepare Citrus

### Choose:

- Choose citrus fruits with firm, smooth skin and that are heavy for their size.

### Store:

- Store fresh citrus at room temperature for one to two days.
- Refrigerate for one to two weeks.
- Citrus juice can last longer in the freezer and is best used within six months.

### Prepare:

For best juicing results:

1. Rinse skin under cool, running water.
2. Roll citrus on cutting board firmly. You will notice the oils releasing from the skin of the fruit.
3. Cut horizontally and squeeze flesh-side up to catch seeds before they fall onto your counter.

*TIP: Juicing citrus for recipes all year long is easy. Freeze excess juice into ice cubes with herbs or freeze alone for use in smoothies, soups and sauces.*



## Plant and Grow Citrus

- Varieties that grow best in Arizona are navels, tangerines, and grapefruit. Lemons and limes can also grow here but may be sensitive to frost.
- Citrus fruits can be planted year-round, but are best in the months of March, April, and October. Smaller plants reduce the risk of transplant shock.
- Trees planted in rocky or sandy soil need to be watered more frequently than trees planted in clay soil, as clay soil holds water better. Be sure to allow time for drying in-between watering.

Visit [extension.arizona.edu](http://extension.arizona.edu) for harvest and planting information.

## Orange Cucumber Salad

### Ingredients:

1 cucumber  
2 large oranges  
1 lemon or lime, juiced  
½ teaspoon chili powder  
¼ teaspoon salt

### Directions:

1. Wash hands with warm water and soap.  
Wash fresh fruits and vegetables before preparing.
2. Slice the cucumbers. Peel and cut the oranges into small pieces. Juice the lemon or lime.
3. Place cucumber slices and orange segments in a medium size bowl. Add chili powder, lemon or lime juice and salt.
4. Serve immediately or chill in the refrigerator.



**Makes 4 servings**

### Nutrition Facts

per serving  
Calories ..... 49  
Carbohydrate..... 12 g  
Protein..... 1 g  
Total fat..... 0 g  
Saturated fat..... 0 g  
Trans fat..... 0 g  
Cholesterol ..... 0 mg  
Fiber ..... 2 g  
Total sugar..... 8 g  
Sodium ..... 149 mg  
Calcium ..... 47 mg  
Folate ..... 25 mcg  
Iron..... 0 mg  
calories from fat..... 0%

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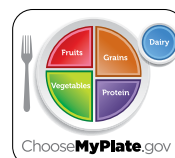
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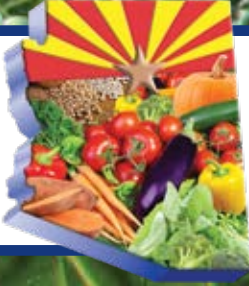
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Harvest of the Season





# Kale

## Harvest of the Season

### Eat More Arizona Grown Kale

Fuel up with vegetables and fruits! By adding more vegetables to your family's diet, you are helping your family be at their best. Eating a variety of vegetables and fruits gives you lots of the vitamins and minerals that you need. Fill half your plate with vegetables and fruits and help keep your heart, teeth, gums, eyes and skin healthy.

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

Most recently, kale was harvested on 121 acres in Arizona from 20 different farm operations.

### Why Eat More Kale?

Kale is full of nutrients. Here's how the nutrients in Kale keep you and your family healthy:

Nutrients Found in Kale	
<b>Vitamin K</b>	Plays a role in bone and blood health.
<b>Vitamin A</b>	Helps your eyes and skin stay healthy.
<b>Calcium</b>	Helps keep firm bones and teeth and it helps keep them strong.
<b>Potassium</b>	Helps you maintain a healthy blood pressure.

### What are the Different Types of Kale?

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

- Dinosaur
- Winterbor
- Tuscan
- Vates
- Red Russian



## How Much Do We Need?

In general, your family should eat:

Age	Vegetables	Fruits
Children 2-3	1 cup	1 cup
Children 4-8	1 ½ cup	1 to 1 ½ cups
Other children and teens	2 to 3 cups	1 ½ to 2 cups
Adults	2 ½ to 3 cups	2 cups

Kids learn from watching you. Eat vegetables and fruits and they will too.

Make half your plate vegetables and fruits. Visit **[choosemyplate.gov](https://www.choosemyplate.gov)** for more information.

## How to Choose, Store and Prepare Kale

### Choose:

- Choose kale greens that are dark in color, crisp, and free from brown or yellow edges.
- Avoid kale greens that look wilted and have brightly colored outer leaves.

### Store:

- Store fresh kale in the refrigerator at or below 40° F and use it within five to seven days.
- Loosely wrap in a damp paper towel and put in either a plastic bag or plastic air-tight container to extend shelf life. Kale, being a hardier green, can stand a bit more handling than other greens.

### Prepare:

Kale greens are often eaten cooked because of their tough texture and bitter taste. To improve taste, try the following tips at home:

1. Always prepare food with washed hands.
2. Cut kale leaves into small pieces and let it sit with an acid, like vinegar or lemon juice, for 20-30 minutes before serving.
3. Massage kale leaves once removed from the stalk (or stem) to remove excess bitterness and to soften the leaves for raw salads.
4. Put in fruit smoothies to add extra nutrients to your favorite smoothie recipe.
5. Using a heating method with a fat (like sautéing with olive oil) can help tame the bitterness of the greens.

*TIP: You can do a lot with kale, so feel free to use heat (braise, steam, sauté or roast) to add this vegetable to all of your favorite recipes.*

## Plant and Grow Kale

- Plant kale seeds with your kids!  
Plant your seeds in an area with full sun exposure.
- Be sure to thin your seedlings after two weeks of growth to keep plant spacing 8-12 inches apart.
- Certain varieties in certain locations might be more delicate than others, so be sure to pay attention to any need for shade or frost cloth.
  - Regions below 2,000 feet should plant kale between September and December.
  - Regions between 2,000-3,000 feet should plant kale between August and September.
  - Regions at or above 3,000 feet should plant kale between February and April.

Visit [extension.arizona.edu](http://extension.arizona.edu) for harvest and planting information.

## Chicken Vegetable Soup with Kale

### Ingredients:

½ cup peeled and chopped onion  
 ¾ cup chopped carrot  
 2 teaspoons vegetable oil  
 1 teaspoon ground thyme  
 2 cloves peeled and finely diced garlic  
 2 cups canned, low sodium chicken broth  
 ¾ cup tomatoes, diced  
 1 cup cubed, cooked, skinless chicken  
 1 cup cooked brown rice  
 2 cups chopped kale

### Directions:

1. Wash hands with soap and warm water.  
Wash fresh vegetables before preparing.
2. Heat oil in a large pan over medium heat.
3. Add onion and carrot to the pan, cook until vegetables are tender, about 5-8 minutes.
4. Stir in thyme and garlic. Cook for one minute.
5. Add broth, tomatoes, cooked rice, cooked chicken and kale.
6. Steam the stuffed peppers 3 minutes or until heated through.
7. Let simmer for 5-10 minutes before serving. Serve hot.



**Makes 3 servings**  
**2.5 cups each**

### Nutrition Facts

per serving

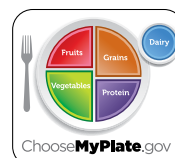
Calories .....	264
Carbohydrate.....	27 g
Protein.....	22 g
Total fat.....	9 g
Saturated fat.....	2 g
Trans fat.....	0 g
Cholesterol.....	39 mg
Fiber.....	4 g
Total sugar.....	3 g
Sodium.....	126 mg
Calcium.....	114 g
Folate.....	32 mcg
Iron.....	3 mg
calories from fat.....	30%

For more free recipes visit [azhealthzone.org/recipes](http://azhealthzone.org/recipes)

## 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](http://arizonagrown.org) for more information.

Visit the Arizona Department of Education, Health and Nutrition Services website at [www.azed.gov](http://www.azed.gov) for more information.







# Leaf Lettuce

## Harvest of the Season

### Eat More Arizona Grown Leaf Lettuce

Vegetables are nature's power food! 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 vegetables, like Leaf Lettuce, in season when flavor is best, and price is low!

Most recently, Arizona produced 2,226,672,000 pounds of leaf lettuce. That is over \$1 billion of lettuce! This includes romaine and head lettuce. Also, organic lettuces were harvested from 3,236 acres and yielded 57 million pounds, or almost 28,500 tons of organic lettuce.

### Why Eat More Leaf Lettuce?

Leaf Lettuces are full of nutrients. Here's how the nutrients in Leaf Lettuces keep you and your family healthy:

Nutrients Found in Leaf Lettuce	
<b>Vitamin K</b>	Plays a role in bone and blood health.
<b>Vitamin A</b>	Helps your eyes and skin stay healthy.
<b>Vitamin B9 (Folate)</b>	Helps keep your hair, skin and nails healthy and helps prevent birth defects.
<b>Potassium</b>	Helps you maintain a healthy blood pressure.

### What are the Different Types of Leaf lettuce?

Try different types of Leaf Lettuces to find your family's favorite. These are a few types of Leaf Lettuce grown in Arizona on farms of all sizes.

- Spring Mix
- Spinach
- Butter
- Endive
- Escarole
- Mache
- Romaine
- Salanova

## How Much Do We Need?

In general, your family should eat:

Age	Vegetables	Fruits
Children 2-3	1 cup	1 cup
Children 4-8	1 ½ cup	1 to 1 ½ cups
Other children and teens	2 to 3 cups	1 ½ to 2 cups
Adults	2 ½ to 3 cups	2 cups

Patience works better than pressure. Offer your children new foods. Then let them choose how much to eat. Kids are more likely to enjoy food when they have made the choice to try it.

Make half your plate vegetables and fruits. Visit **[choosemyplate.gov](https://www.choosemyplate.gov)** for more information.

## How to Choose, Store and Prepare Leaf lettuce

### Choose:

- Choose lettuce that looks fresh, crisp, and free from brown or yellow edges.
- Avoid lettuce that looks wilted.
- Choose head lettuces that are heavy (in weight) and where the leaves are tight.

### Store:

- Store fresh leafy greens in the refrigerator at or below 41° and use within three to five days.
- Loosely wrap in a damp paper towel and put in either a plastic bag or plastic food-grade container to extend shelf life.
- Keep raw uncooked items like eggs and meat away from ready-to-eat items like lettuce in your grocery cart and refrigerator to prevent cross contamination.
- Always wash lettuce under cool, running water.
- For best results, spin dry using a salad spinner.

### Prepare:

Fresh leaf lettuces are often eaten raw and in a salad. Try these tips for washing and preparing your leaf lettuces.

1. Always prepare lettuce with washed hands.
2. Remove the core. For head lettuces, hit the core (head side down) on a counter or cutting board. The solid hit will separate the core from the head and the core can be easily twisted and pulled away from the head.
3. Wash lettuce that will be used immediately under cool, running water.
4. Tear or chop lettuce into desired bite-sized pieces and allow lettuce to dry. Use a salad spinner for best results.
5. Serve with other ingredients as desired.

*TIP: While shopping in the grocery store, pick up your leaf lettuce last and place in a soft cooler to help keep lettuce cool until you get home.*



## Plant and Grow Leaf lettuce

- Plant leaf lettuce seeds with your kids. Plant your seeds in an area or garden with partial sun exposure. Be sure to pay attention to how much sun your lettuces are getting. They may need shade from other plants to prevent sun damage.
- Lettuce grows well in Arizona because of its dry climate.
  - In the central and southern regions of Arizona, plant between September and October for a winter crop that will grow through April.
  - In northern Arizona, plant lettuce in February or March for a spring and summer crop that will run through September.
- Leaf lettuces need about 5-7 weeks to grow until harvest. Baby versions of these lettuces need less time to mature.

Visit [extension.arizona.edu](http://extension.arizona.edu) for harvest and planting information.

## Arizona Sunshine Salad

### Ingredients:

1 peeled grapefruit  
 1 peeled orange  
 10 cups bite-size pieces of fresh lettuce leaves  
 1 thinly sliced, small red onion  
 3 tablespoons cider vinegar  
 1 tablespoon lime juice  
 1 tablespoon vegetable oil  
 1 tablespoon water  
 ¼ teaspoon ground black pepper  
 ¼ teaspoon cumin

### Directions:

1. Wash hands with warm water and soap.
2. Wash fresh fruit and vegetables before preparing.
3. Cut fruit into bite size pieces and toss with the sliced red onion in a large bowl.
4. Mix remaining ingredients in a small bowl. Drizzle over salad and toss just before serving.
5. Serve cold.



**Makes 8 servings**  
**1 ½ cups each**

### Nutrition Facts

per serving  
 Calories ..... 47  
 Carbohydrate ..... 9 g  
 Protein ..... 1 g  
 Total fat ..... 2 g  
 Saturated fat ..... 0 g  
 Trans fat ..... 0 g  
 Cholesterol ..... 0 mg  
 Fiber ..... 2 g  
 Total sugar ..... 3 g  
 Sodium ..... 9 mg  
 Calcium ..... 13 mg  
 Folate ..... 10.5 mcg  
 Iron ..... 0.1 mg  
 calories from fat ..... 34%

For more free recipes visit [azhealthzone.org/recipes](http://azhealthzone.org/recipes)

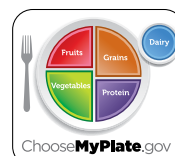
## Choose Local Grown Vegetable and Fruits

- 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](http://arizonagrown.org) for more information.

Visit the Arizona Department of Education, Health and Nutrition Services website at [www.azed.gov](http://www.azed.gov) for more information.



Harvest of the Season





# Peppers

## Harvest of the Season

### Eat More Arizona Grown Peppers

Vegetables come in different colors and flavors, but their real beauty lies in what's inside. Eating a variety of vegetables gives you lots of vitamins and minerals you need. Fill half your plate with vegetables and fruits and help keep your heart, teeth, gums, eyes and skin healthy.

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

Arizona grows both sweet bell and chili (hot) peppers. Most recently, Arizona harvested over nine acres of sweet bell peppers and 1,944 acres of chili peppers.

### Why Eat More Peppers?

Peppers are full of nutrients. Here's how the nutrients in peppers keep you and your family healthy:

Nutrients Found in Peppers	
<b>Vitamin A</b>	Helps your eyes and skin stay healthy.
<b>Vitamin C</b>	Helps your teeth and gums stay healthy.
<b>Fiber</b>	Helps keep your heart healthy and improves digestion.
<b>Potassium</b>	Helps you maintain a healthy blood pressure.

### What are the Different Types of Peppers?

Try different types of peppers, both sweet and hot, to find your family's favorite. These are a few types of peppers grown in Arizona.

- Green, Red, Yellow or Orange Sweet Bell Peppers
  - Red or Green Chili (hot) Peppers
    - Jalapenos
    - Fresno
    - Shishito
    - Banana



## How Much Do We Need?

In general, your family should eat:

Age	Vegetables	Fruits
Children 2-3	1 cup	1 cup
Children 4-8	1 ½ cup	1 to 1 ½ cups
Other children and teens	2 to 3 cups	1 ½ to 2 cups
Adults	2 ½ to 3 cups	2 cups

Kids learn from watching you. Eat vegetables and fruits and they will, too

Make half your plate vegetables and fruits. Visit **[choosemyplate.gov](https://www.choosemyplate.gov)** for more information.

## How to Choose, Store and Prepare Peppers

### Choose:

- Look for a glossy coat with no shriveling, cracks, or soft spots.
- Choose peppers that are heavy for their size and have firm walls.
- For hot peppers, reds are typically spicier than the green version. Also, shape is a better indicator of heat than color. The smaller they are, the hotter they will be!

### Store:

- Store sweet peppers in a plastic bag in your refrigerator's crisper drawer. Green peppers stay firmer longer than the colored varieties.
- Store fresh hot peppers in a perforated paper bag in the fridge.

### Prepare:

Peppers are delicious raw or cooked. Try one or all of these methods for roasting your peppers, which can intensify the flavor for use in salsas or sauces. Be sure to roast evenly on each side by rotating throughout the cooking time.

1. Flame Roasting: Grill peppers with a little oil skin-side down until slightly charred (15-20 minutes)
2. Stovetop Roasting: Wrap in foil and roast on a gas stove (20 minutes)
3. Oven Roasting: Roast on a baking sheet under the broiler in your oven (20-25 minutes)

After roasting the peppers, remember to steam the charred skin off and take the seeds out before adding to your dish. To steam, place a large bowl or plastic wrap over the peppers on a cutting board so that no air can escape for about 5-10 minutes. The steam allows for most of the charred skin to be easily removed, which improves texture. Remove the skin, seeds and stem and add to your dish.

*Tip: Green, yellow and orange peppers are less mature versions of the red pepper. Be sure to try all colors (at varying stages of ripeness) to find your favorite!*

Visit **[fruitandveggiesmorematters.org](https://www.fruitandveggiesmorematters.org)** for more information.

## Plant and Grow Peppers

- Arizona is a perfect climate for growing all types of peppers, both sweet and hot. Peppers enjoy full sun.
- Start seeds inside 6-8 weeks before planting outdoors.
- Wait to plant seeds or young plants (transplants) until the ground is warm enough and free from risk of frost.

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

## Mexican Stuffed Peppers

### Ingredients:

4 red bell peppers  
1 teaspoon vegetable oil  
1 cup chopped onions  
3 cloves garlic, peeled and chopped  
1 chopped jalapeno or chipotle chile  
(remove seeds if you like it mild)  
1 Tablespoon chili powder  
1 (15 1/3 ounce) can diced tomatoes in juice  
1 cup cooked white or brown rice  
1 cup fresh, frozen, or canned corn  
1 cup cooked or canned pinto beans

### Directions:

1. Wash hands with warm water and soap.  
Wash fresh vegetables before preparing.
2. Preheat oven to 350° F.
3. Cut the tops off the peppers, remove seeds, and white membrane, and set aside.
4. Heat oil in a skillet and cook the onion until it starts to wilt, about 2 minutes.
5. Add the garlic, jalapeno, chili powder, and cumin.  
Cook for 2 more minutes.
6. Stir in the tomatoes, rice, corn, and beans.  
Cook until the liquid disappears, and the stuffing holds together.
7. Spoon into the prepared peppers and set into a baking dish.
8. Bake for 1 hour or until the peppers are tender.



**Makes 4 servings**  
1 pepper each

### Nutrition Facts

per serving  
Calories ..... 237  
Carbohydrate..... 47 g  
Protein..... 9 g  
Total fat ..... 3 g  
Saturated fat ..... 0 g  
Trans fat ..... 0 g  
Cholesterol ..... 0 mg  
Fiber ..... 9 g  
Total sugar..... 12 g  
Sodium ..... 352 g  
Calcium ..... 110 g  
Folate ..... 176 mcg  
Iron..... 3 mg  
Calories from fat ..... 11%

For more free recipes visit **azhealthzone.org**

## Choose Local Grown Vegetable and Fruits

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- Vegetables and fruits grown in Arizona spend less time being transported. This causes less damage to the vegetables and fruits.
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- 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 Arizona Department of Education, Health and Nutrition Services website at **www.azed.gov** for more information.



Harvest of the Season







# Spinach

## Harvest of the Season

### Eat More Arizona Grown Spinach

Fuel up with vegetables. By including more vegetables in your family's diet, you are helping your family be at their best. Eating a variety of vegetables gives you lots of vitamins and minerals that you need. Fill half your plate vegetables and fruits and help keep your heart, teeth, gums, eyes and skin healthy.

Spinach is one of the top vegetables grown in Arizona. Most recently, spinach was harvested from 12,200 acres. That is over 2 billion pounds of spinach!

### Why Eat More Spinach?

Power foods like Spinach are full of nutrients. Here's how the nutrients in Spinach keep you and your family healthy:

Nutrients Found in Spinach	
<b>Iron</b>	Helps give you energy to feel good and stay healthy.
<b>Calcium</b>	Helps form bones and teeth and keeps them strong.
<b>Vitamin K</b>	Plays a role in bone and blood health.
<b>Potassium</b>	Helps you maintain a healthy blood pressure.
<b>Magnesium</b>	Helps bones stay strong.

### What are the Different Types of Spinach?

Try different types of Spinach to find your family's favorite.

- Malabar
- Red Stem
- New Zealand
- Smooth-leafed
- Space



## How Much Do We Need?

In general, your family should eat:

Age	Vegetables	Fruits
Children 2-3	1 cup	1 cup
Children 4-8	1 ½ cup	1 to 1 ½ cups
Other children and teens	2 to 3 cups	1 ½ to 2 cups
Adults	2 ½ to 3 cups	2 cups

You are a positive influence in your children's lives. Help them develop healthy eating habits for life. Offer them vegetables at meals and snacks.

Make half your plate vegetables and fruits. Visit **[choosemyplate.gov](https://www.choosemyplate.gov)** for more information.

## How to Choose, Store and Prepare Spinach

### Choose:

- Choose fresh, crisp, green leaves of spinach that are free from damage or spots.

### Store:

- Wash spinach as soon as you get home. To wash spinach, follow these steps:
  1. Place in a sink or large bowl of cold water.
  2. Remove stems by twisting or cutting spinach leaves off just above stem line and place in water.
  3. Move bunches of spinach around in water, then let the spinach stand for a few minutes while dirt sinks to the bottom.
  4. Use a paper towel to pat dry.
- Wrap fresh spinach loosely with a wet paper towel and refrigerate in a plastic bag.
- Use stored fresh spinach within three to five days.
- Fresh spinach can be frozen for up to one year. Frozen spinach can be cooked without.

### Prepare:

Steaming fresh spinach in a microwave is a quick and easy way to prepare spinach and maintain its nutrients.

1. Place prewashed spinach in a microwave-safe dish.
2. Cover with a lid.
3. Microwave on high for two to three minutes.
4. Let spinach stand for another two minutes, then drain and serve.

*TIP: Some recipes call for squeezing the extra water out of the spinach. If you do this, save the green water for soup or other cooking needs.*

*Spinach tastes good raw or cooked. It can be steamed, sautéed or boiled.*



## Plant and Grow Spinach

- Plant spinach seeds with your kids!  
Plant your seeds in an area or garden with full sun exposure.
- Spinach grows well in cool climates. They grow best in temperatures around 60° to 65° F.
- Plant spinach between mid-September and February.
- Spinach needs about one to two months to grow.
- Spinach is ready to be cut with scissors at the stem when there are at least five leaves.

Visit [extension.arizona.edu](http://extension.arizona.edu) for harvest and planting information.

## Spinach Stuffed Red Bell Peppers

### Ingredients:

2 large red bell peppers, seeded and cut in half lengthwise  
2 pounds fresh spinach or 2 packages (10 ounces each) chopped frozen spinach  
¼ teaspoon salt  
¼ teaspoon pepper  
¼ teaspoon nutmeg  
⅓ cup cilantro chopped



**Makes 4 servings**  
½ pepper each

### Nutrition Facts

per serving  
Calories ..... 79  
Carbohydrate ..... 13 g  
Protein ..... 7 g  
Total fat ..... 1 g  
Saturated fat ..... 0 g  
Trans fat ..... 0 g  
Cholesterol ..... 0 mg  
Fiber ..... 7 g  
Total sugar ..... 4 g  
Sodium ..... 238 mg  
Calcium ..... 231 mcg  
Folate ..... 478 mcg  
Iron ..... 7 mg  
calories from fat ..... 11%

### Directions:

1. Wash hands with soap and warm water. Wash fresh vegetables before preparing.
2. Place the pepper halves in a steamer and steam 3 minutes over boiling water. Set aside.
3. Chop and season with salt, pepper, and nutmeg.
4. Steam spinach for 3 minutes or until wilted.
5. Press out excess water and fill the pepper halves.
6. Steam the stuffed peppers 3 minutes or until heated through.
7. Cut each half into 2 wedges and serve.

For more free recipes visit [azhealthzone.org/recipes](http://azhealthzone.org/recipes)

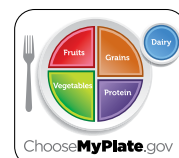
## Choose Local Grown Vegetable and Fruits

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- 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](http://arizonagrown.org) for more information.

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Harvest of the Season





# 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 price is low!

Fresh melon is among Arizona's top produced specialty crops during the summer months. Most recently, Arizona produced over 706,580,000 pounds of watermelon. That is a value of just \$148 million.

### Why Eat More Summer melon?

Summer Melon is full of nutrients. Here is how the nutrients in Summer Melon keep you and your family healthy:

Nutrients Found in Summer Melon	
<b>Water</b>	Helps keep your body cool and improves digestion.
<b>Vitamin C</b>	Helps your teeth and gums stay healthy.
<b>Fiber</b>	Helps keep your heart healthy and improves digestion.
<b>Potassium</b>	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
- Watermelon
- Canary
- Casaba
- Crenshaw
- Honeydew
- Orange Flesh
- Santa Claus
- Sherlyn
- Galia



## How Much Do We Need?

In general, your family should eat:

Age	Vegetables	Fruits
Children 2-3	1 cup	1 cup
Children 4-8	1 ½ cup	1 to 1 ½ cups
Other children and teens	2 to 3 cups	1 ½ to 2 cups
Adults	2 ½ to 3 cups	2 cups

Patience works better than pressure. Offer your children new foods. Then let them choose how much to eat. Kids are more likely to enjoy a food when they have made the choice to try it. Make half your plate vegetables and fruits. Visit [choosemyplate.gov](https://www.choosemyplate.gov) for more information.

## How to Choose, Store and Prepare Summer Melon

### Choose:

- Choose melons that are heavy for their size, free from soft spots and that smell sweet.
- Some scarring is acceptable with melon and, in some cases, is a sign of ripeness in melon.

### Store:

- Store uncut melon between 36° and 41° F for up to three weeks.
- Uncut melons placed in dry storage at room temperature, around 75° F, will last up to two days.
- Cut melon can last in the fridge up to five days.

### Prepare:

Fresh summer melon makes for an excellent side or snack. Keep fresh-cut melon on hand for easy access.

1. Be sure to wash these produce items with extra care and use a produce brush under cool, running water.
2. Cut melon in half and carve out the seeds with a spoon.
3. Cut each into half-moons and use the curve of each slice to guide your knife, removing the flesh from the rind.
4. Keep melon in half-moon slices or cut into bite-sized pieces.

*TIP: Wash and dry melon seeds to plant in your garden for future seasons.*

## Plant and Grow Summer Melon

- Melons are warm weather crops and require a long growing season from seed to harvest. Gardener should be aware of the amount of space that melon vines need to maximize their growth. Increasing the number of pollinators, like bees, will increase the production of fruit per vine.

Visit [extension.arizona.edu](http://extension.arizona.edu) for harvest and planting information.

## Arizona Grown Watermelon Fire & Ice Salsa

### Ingredients:

3 cups chopped watermelon  
 ½ cup chopped green pepper  
 2 tablespoons lime juice  
 1 tablespoon chopped cilantro  
 1 tablespoon chopped green onions  
 1-2 tablespoons chopped jalapeno peppers  
 ½ teaspoon garlic salt

### Directions:

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

For more free recipes visit [azhealthzone.org/recipes](http://azhealthzone.org/recipes)



**Makes 6 servings**  
 ½ cup each

### Nutrition Facts

per serving  
 Calories .....25  
 Carbohydrate.....7 g  
 Protein.....1 g  
 Total fat.....0 g  
 Saturated fat.....0 g  
 Trans fat.....0 g  
 Cholesterol.....0 mg  
 Fiber.....<1 g  
 Total sugar.....5 g  
 Sodium.....92 mg  
 Calcium.....8 mg  
 Folate.....2 mcg  
 Iron.....0.3 mg  
 calories from fat.....0%

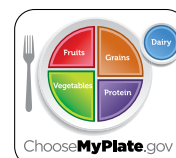
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- Let your kids be produce pickers. Help them pick vegetables at a grocery store, your local farmers' markets, or at a u-pick farm near you! Go to [arizonagrown.org](http://arizonagrown.org) for more information.

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Harvest of the Season







# Summer Squash

## Harvest of the Season

### Eat More Arizona Grown Summer Squash

Fuel up with vegetables and fruits! When you include more vegetables in your family's diet, you are helping your family be at their best. Eating fruits and vegetables of all colors of the rainbow gives you lots of vitamins and minerals that you need. Choose a variety of vegetables and fruits and help keep your heart, teeth, gums, eyes and skin healthy!

Buy fresh vegetables, like Summer Squash, in season when flavor and price are best!

Most recently, squash was harvested on 514 acres in Arizona from 879 different farm operations.

### Why Eat More Summer Squash?

Summer Squash is full of nutrients. Here's how the nutrients in Summer Squash keep you and your family healthy:

Nutrients Found in Summer Squash
<b>Vitamin C</b> Helps your teeth and gums stay healthy.
<b>Vitamin A</b> Helps your eyes and skin stay healthy.
<b>Vitamin B9 (Folate)</b> Helps keep your hair, skin and nails healthy and helps prevent birth defects.
<b>Potassium</b> Helps you maintain a healthy blood pressure.

### What are the Different Types of Summer Squash?

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

- Zucchini
- Crookneck
- Straightneck
- Pattypan
- Grey Zucchini
- Eight Ball Squash



## How Much Do We Need?

In general, your family should eat:

Age	Vegetables	Fruits
Children 2-3	1 cup	1 cup
Children 4-8	1 ½ cup	1 to 1 ½ cups
Other children and teens	2 to 3 cups	1 ½ to 2 cups
Adults	2 ½ to 3 cups	2 cups

Kids learn from watching you. Eat vegetables and fruits and they will too.

Make half your plate vegetables and fruits. Visit **[choosemyplate.gov](https://www.choosemyplate.gov)** for more information.

## How to Choose, Store and Prepare Summer Squash

### Choose:

- Choose summer squash that is glossy, small to medium-sized, solid, and heavy for size.
- Smaller summer squash has better flavor.

### Store:

- Store fresh summer squash in the refrigerator at or below 41° F and use it within 3-4 days.
- Summer squash can be canned or frozen.
- To freeze, shred unpeeled zucchini. Remove as much moisture as possible by draining zucchini in a colander and patting it dry with paper towels. Place zucchini in freezer bags and store it in the freezer. Frozen zucchini will last for about three months.

### Prepare:

Summer squash can be eaten raw or cooked. Try adding it to salads, soups, and stews. Have grilled summer squash at your next barbeque!

1. Always prepare food with washed hands.
2. Slice or chop into small pieces. Add it to your favorite recipe.
3. Slice lengthwise into thick slabs when grilling.
4. Use a peeler to make ribbons. Use with your favorite pasta or salad recipe.
5. Add to smoothies with fruit to add extra nutrients to your favorite smoothie recipe.
6. Grate it and use it in zucchini bread.

*Summer squash tastes good in many recipes. Try it steamed, sautéed, boiled, roasted, or grilled.*



## Plant and Grow Summer Squash

- Plant summer squash seeds with your kids. Plant your seeds in an area or garden with full sun exposure. Plant seeds 1 inch deep in the soil. Be sure to space seeds 1 ½ to 3 feet apart.
- Summer squash has two planting seasons in central or southern Arizona. Plant summer squash between February 15th and April 15th, or August 15th and September 15th.
- Regions at 2,000-3,000 feet should plant summer squash between March 15th and July 15th.
- Regions at 3,000-4,500 feet should plant summer squash between May 10th and July 15th.
- Regions at or above 4,500 feet should plant summer squash between May 1st and July 1st.
- Harvest after 35-55 days or 60-90 days.

Visit [extension.arizona.edu](http://extension.arizona.edu) for harvest and planting information.

## Vegetable Pasta Salad

### Ingredients:

1 cup cooked orzo pasta  
1 cup lightly steamed asparagus,  
cut the same size as the pasta, or peas  
½ cup chopped red bell pepper or carrots  
½ cup sliced green onions  
½ cup chopped yellow summer squash  
1 cup chopped fresh spinach  
1 cup small cherry tomatoes (optional)  
2 Tablespoons grated Parmesan cheese  
¼ cup low-fat oil and vinegar dressing  
salt to taste

### Directions:

1. Wash hands with soap and warm water. Wash fresh vegetables before preparing.
2. Combine the pasta, asparagus, peppers, onions, squash, spinach, tomatoes, dressing, and Parmesan cheese in a large bowl.
3. Toss to coat with the dressing. Add salt to taste.
4. Serve with grilled chicken or fish at a barbecue or picnic.



**Makes 4 servings**

### Nutrition Facts

per serving  
Calories ..... 183  
Carbohydrate..... 16 g  
Protein..... 5 g  
Total fat..... 2 g  
Saturated fat..... 1 g  
Trans fat ..... 0 g  
Cholesterol ..... 3 mg  
Fiber ..... 3 g  
Total sugar..... 4 g  
Sodium ..... 264 mg  
Calcium ..... 76 mg  
Folate ..... 77 mcg  
Iron..... 2 mg  
calories from fat..... 10%

For more free recipes visit [azhealthzone.org/recipes](http://azhealthzone.org/recipes)

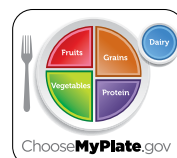
## Choose Local Grown Vegetable and Fruits

- 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](http://arizonagrown.org) for more information.

Visit the Arizona Department of Education, Health and Nutrition Services website at [www.azed.gov](http://www.azed.gov) for more information.



Harvest of the Season





# Tomatoes

## Harvest of the Season

### Eat More Arizona Grown Tomatoes

Fuel up with vegetables and fruits. By including more vegetables and fruits in your family's diet, you are helping your family be at their best. Eating a variety of vegetables and fruits gives you lots of vitamins and minerals that you need. Fill half your plate with vegetables and fruits and help keep your heart, teeth, gums, eyes, and skin healthy.

Buy fresh fruits, like Tomatoes, in season when flavor is best, and price is low!

Tomatoes are typically grown in hoop houses or greenhouses, so they can be grown all year long! Most recently, tomatoes were harvested on 61 acres in Arizona from 145 farm operations.

### Why Eat More Tomatoes?

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

Nutrients Found in Tomatoes	
<b>Vitamin C</b>	Helps keep your teeth and gums healthy.
<b>Vitamin A</b>	Helps your eyes and skin stay healthy.
<b>Fiber</b>	Helps keep your heart healthy and improve digestion.
<b>Potassium</b>	Helps you maintain a healthy blood pressure.

### What are the Different Types of Tomatoes?

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

- Cherry
- Plum
- Grape
- Yellow Pear
- Beefsteak
- Roma



## How Much Do We Need?

In general, your family should eat:

Age	Vegetables	Fruits
Children 2-3	1 cup	1 cup
Children 4-8	1 ½ cup	1 to 1 ½ cups
Other children and teens	2 to 3 cups	1 ½ to 2 cups
Adults	2 ½ to 3 cups	2 cups

Sometimes new foods take time. Kids don't always take to new foods right away. Offer vegetables and fruits like tomatoes many times. Give them a taste at first and be patient with them.

Make half your plate vegetables and fruits. Visit **[choosemyplate.gov](https://www.choosemyplate.gov)** for more information.

## How to Choose, Store and Prepare Tomatoes

### Choose:

- Choose tomatoes that look firm, deep in color and free from wrinkles or other signs of age.
- Trust your sense of smell with fresh produce like tomatoes. Tomatoes that have a slightly sweet, rich, and earthy scent are best.

### Store:

- Tomatoes are best stored at room temperature (between 45°-65° F) for up to ten days.
- Tomatoes stored in the refrigerator (at or below 41° F) can last about five days.

### Prepare:

Stewing tomatoes can be a great way to preserve tomatoes and make for simple preparation for tomato-based sauces.

1. Wash tomatoes under cool, running water.
2. Dip tomatoes in boiling water for one minute. Tip: Some people score the skin to make peeling easier.
3. Transfer to an ice-cold water bath.
4. To peel the tomatoes, gently pull the skin away and discard. Cut tomatoes into quarters and put in a large saucepan with salt (about two teaspoons for every ten tomatoes).
5. Slowly simmer over low heat for 20 to 30 minutes, stirring occasionally to prevent burning.

*Tip: Some methods for stewing tomatoes call for sugar. This would be a good method for a traditional Italian marinara sauce.*

## Plant and Grow Tomatoes

- Tomatoes come in both warm and cool varieties. Most gardeners are familiar with warm weather varieties, are they ripen on the vine.
- Warm weather varieties should be planted after the threat of frost has passed.
- Gardeners in higher elevations, 3,000 feet and above should wait to plant tomatoes until early May to avoid frost. Gardeners under 3,000 feet and below can start planting tomatoes as early as January.

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

## Black Eyed Peas, Tomatoes, and Onion

### Ingredients:

1 Tablespoon vegetable oil  
 ½ cup chopped onion  
 1 large garlic clove, chopped  
 2 tomatoes, chopped  
 1 can black-eyed peas, undrained (about 15-ounces)  
 ¼ cup packed cilantro (optional)

### Directions:

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. Combine oil, onion and garlic in a medium saucepan.
3. Cook over medium heat, stirring occasionally, until onion is softened.
4. Stir in tomatoes and black-eyed peas.
5. Cook over low heat stirring occasionally, about 10 minutes until heated thoroughly.
6. Stir in cilantro, if using, and serve hot.



**Makes 6 servings**  
 ½ cup each

### Nutrition Facts

per serving  
 Calories .....78  
 Carbohydrate..... 12 g  
 Protein..... 4 g  
 Total fat..... 3 g  
 Saturated fat ..... 0 g  
 Trans fat ..... 0 g  
 Cholesterol ..... 0 mg  
 Fiber ..... 3 g  
 Total sugar..... 0 g  
 Sodium ..... 322 mg  
 Calcium ..... 2 g  
 Folate ..... 3 mcg  
 Iron..... 1 mg  
 calories from fat..... 35%

For more free recipes visit **azhealthzone.org/recipes**

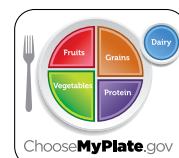
## Choose Local Grown Vegetable and Fruits

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- 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







# Winter Squash

## Harvest of the Season

### Eat More Arizona Grown Winter Squash

Vegetables are nature's power food! Eating a variety of vegetables 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 vegetables, like Winter Squash, in season when flavor and price are best!

Most recently, winter squash was harvested on 43 acres across 145 farms.

### Why Eat More Winter Squash?

Winter Squash is full of nutrients. Here is how the nutrients in Winter Squash keep you and your family healthy:

Nutrients Found in Winter Squash	
<b>Vitamin A</b>	Helps your eyes and skin stay healthy.
<b>Vitamin C</b>	Helps your teeth and gums stay healthy.
<b>Fiber</b>	Helps keep your heart healthy and improves digestion.
<b>Potassium</b>	Helps you maintain a healthy blood pressure.
<b>Magnesium</b>	Helps bones stay strong.

### What are the Different Types of Winter Squash?

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

- Acorn squash
- Butternut squash
- Hubbard squash
- Kabocha squash
- Pumpkin
- Spaghetti squash

## How Much Do We Need?

In general, your family should eat:

Age	Vegetables	Fruits
Children 2-3	1 cup	1 cup
Children 4-8	1 ½ cup	1 to 1 ½ cups
Other children and teens	2 to 3 cups	1 ½ to 2 cups
Adults	2 ½ to 3 cups	2 cups

Sometimes new foods take time. Kids don't always take to new foods right away. Offer vegetables like winter squash many times. Give them a taste at first and be patient with them.

Make half your plate vegetables and fruits. Visit **[choosemyplate.gov](https://www.choosemyplate.gov)** for more information.

## How to Choose, Store and Prepare Winter Squash

### Choose:

- Choose winter squash heavy for its size and very hard. Press firmly to test the firmness of the rind.
- Look for squash with a small part of the stem remaining. A missing stem may be a sign of mold or bacterial growth inside.

### Store:

- Most types of winter squash can be stored in a cool, dry place for two to three months.
- The best temperature to store winter squash is between 50-60° F.
- Once winter squash is cut, cover each piece with plastic wrap. Store them in the refrigerator for up to five days.
- Freeze cooked squash for up to one year.

### Prepare:

Baking winter squash brings out its natural sweetness.

1. Wash the shell of the winter squash under cool running water and scrub with a vegetable brush.
2. Cut the squash in half and scoop out the seeds and strings.
3. Place the squash, cut side down, on a foil-lined baking sheet.
4. Pour ¼ inch of water into the pan, cover with foil and bake in oven for 400 °F for 40 minutes or until tender.

*TIP: Scoop the flesh from the rind to use in different types of squash recipes.*



## Plant and Grow Winter Squash

- Plant winter squash seeds with your kids. Plant your seeds in an area or garden with full sun exposure.
- Winter squash grows well in Arizona because of its warm dry climate.
  - In the central region of Arizona, plant between July and early August.
  - In the northern and southern regions of Arizona, plant between May and early July.
- Winter squash needs about three to four months to grow. They are mature when rind is hard and solid in color.

Visit [extension.arizona.edu](http://extension.arizona.edu) for harvest and planting information.

## Apple Filled Squash

### Ingredients:

- 1 acorn squash (about 1 pound)
- 1 Golden Delicious apple, peeled, cored, and sliced
- 2 teaspoons melted margarine
- 2 teaspoons packed brown sugar
- $\frac{1}{8}$  teaspoon ground cinnamon
- $\frac{1}{8}$  teaspoon ground nutmeg
- Dash of ground cloves

### Directions:

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. Halve and seed acorn squash.
3. Place squash cut side up on a thick paper towel in microwave. Microwave on HIGH 6 to 7 minutes, rotating squash halfway through cooking time.
4. Remove from the microwave and place in microwave-safe dish.
5. In a small bowl, combine apples, margarine, sugar, and spices. Top squash pieces with apple mixture and cover with a paper towel.
6. Microwave on HIGH 4 to 5 minutes or until squash and apple are tender.



**Makes 4 servings**  
 **$\frac{1}{4}$  of filled squash each**

### Nutrition Facts

per serving	
Calories .....	94
Carbohydrate.....	20 g
Protein .....	1 g
Total fat .....	2 g
Saturated fat .....	0 g
Trans fat .....	0 g
Cholesterol .....	0 mg
Fiber .....	3 g
Total sugar .....	9 g
Sodium .....	21 mg
Calcium .....	41 mg
Folate .....	21 mcg
Iron.....	1 mg
calories from fat.....	19%

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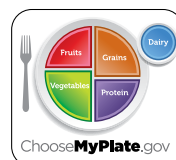
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Harvest of the Season





# Eat More Arizona Grown Apples

## Nutrients Found in Apples

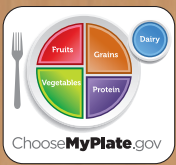
- |                  |  |
|------------------|--|
| <b>Fiber</b>     | Helps with digestion and keeps the heart healthy                           |
| <b>Vitamin C</b> | Maintains a healthy immune system and reduces stress                       |
| <b>Potassium</b> | Maintains fluid balance and blood pressure and plays a role in bone health |

# APPLES



## HARVEST OF THE SEASON

Make half your plate vegetables and fruits.



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

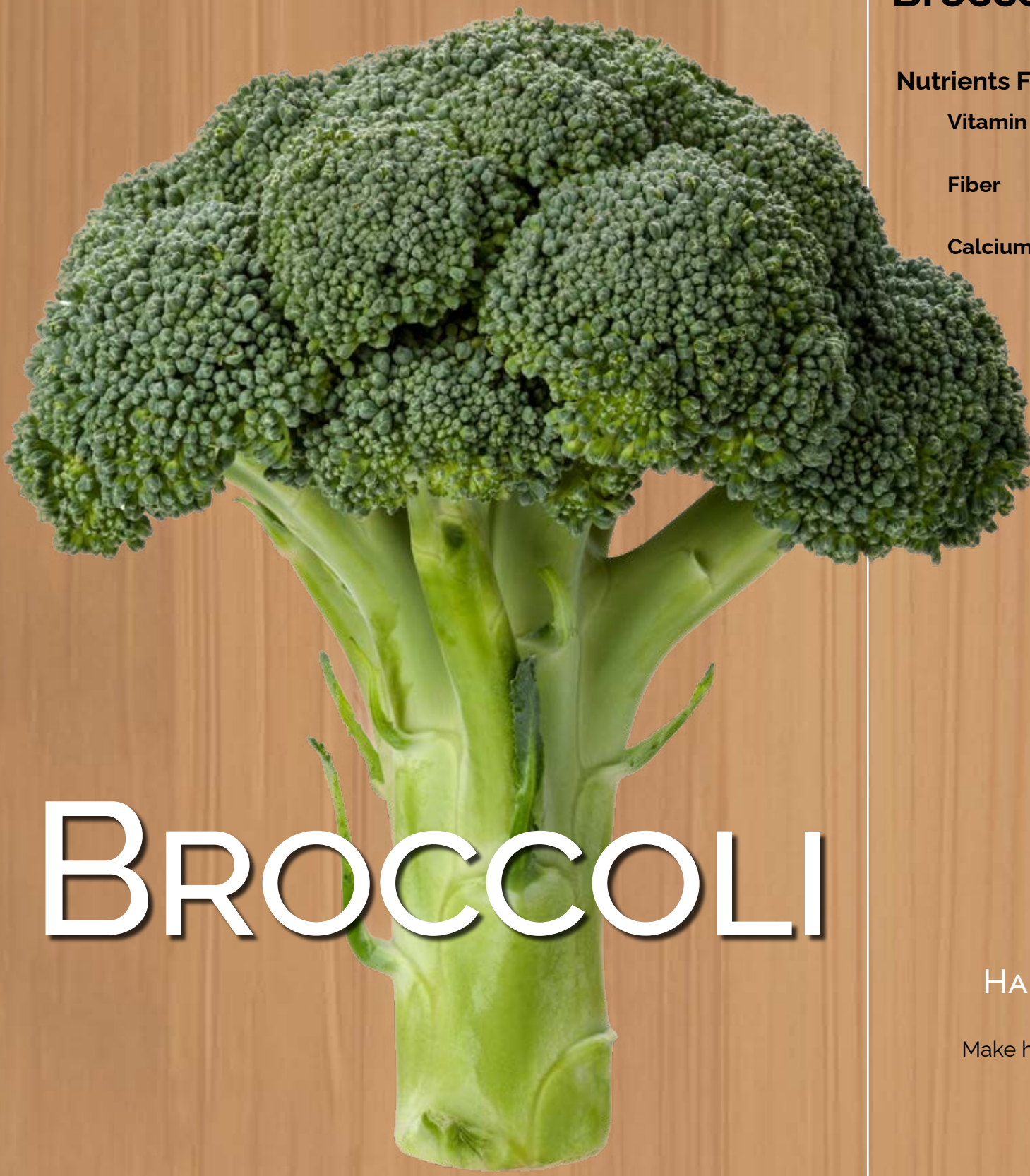


Choose a fresh, shiny, firm, smooth-skinned apple that has a stem.



Arizona grown vegetables and fruits taste best and cost less when purchased in season.





# BROCCOLI

## Eat More Arizona Grown Broccoli

### Nutrients Found in Broccoli

- |                  |  |
|------------------|--|
| <b>Vitamin K</b> | Plays a role in bone and blood health                |
| <b>Fiber</b>     | Helps keep your heart healthy and improves digestion |
| <b>Calcium</b>   | Helps form bones and teeth and keeps them strong     |



### HARVEST OF THE SEASON

Make half your plate vegetables and fruits.



Broccoli is one of the top vegetables grown in Arizona. Most recently, broccoli was harvested from 9,329 acres. That is 1 billion pounds of broccoli!



Choose odorless, bright bluish-green, and firm broccoli heads. Stems should be very firm.



Arizona Grown vegetables and fruits taste best and cost less when purchased in season.





# CARROTS

## Eat More Arizona Grown Carrots

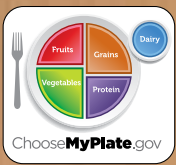
### Nutrients Found in Carrots

- Vitamin A** Helps your eyes and skin stay healthy
- Vitamin C** Helps your teeth and gums stay healthy
- Fiber** Helps keep your heart healthy and improves digestion



### HARVEST OF THE SEASON

Make half your plate vegetables and fruits.



Most recently, carrots were harvested from 3,151 acres across 105 farms.



Choose well-shaped, smooth, firm, crisp carrots with deep coloring and fresh green tops.



Arizona Grown vegetables and fruits taste best and cost less when purchased in season.







# Eat More Arizona Grown Celery

## Nutrients Found in Celery

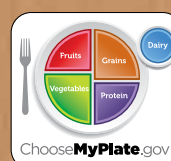
- |                  |  |
|------------------|--|
| <b>Fiber</b>     | Helps keep your heart healthy and improves digestion |
| <b>Vitamin A</b> | Helps your eyes and skin stay healthy                |
| <b>Vitamin C</b> | Helps keep your teeth and gums healthy               |

# CELERY



## HARVEST OF THE SEASON

Make half your plate vegetables and fruits.



Celery is one of the top Arizona grown items purchased in Arizona schools next to leafy greens and carrots. Most recently, celery was harvested on 1,565 acres in Arizona from 18 farm operations.



Choose stalks that look fresh, crisp and free from yellow edges.



Arizona grown vegetables and fruits taste best and cost less when purchased in season.



# Eat More Arizona Grown Citrus

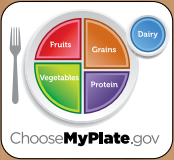
## Nutrients Found in Citrus

- Vitamin C** Helps keep your teeth and gums healthy
- Calcium** Helps form bones and teeth and keeps them strong
- Potassium** Helps you maintain a healthy blood pressure



## HARVEST OF THE SEASON

Make half your plate vegetables and fruits.



# CITRUS



One of Arizona's five "C's" of agriculture, citrus is one of Arizona's oldest specialty crop. Most recently, lemons were harvested from 7,117 acres and 145 farm operations! Also, tangerines were harvested from 52 acres.



Choose citrus with firm, smooth skin and that is heavy for its size.



Arizona grown vegetables and fruits taste best and cost less when purchased in season.



# Eat More Arizona Grown Kale

## Nutrients Found in Kale

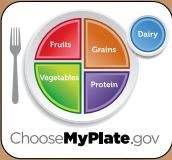
- Vitamin K** Plays a role in bone and blood health
- Calcium** Helps form bones and teeth and keeps them strong
- Potassium** Helps you maintain a healthy blood pressure

# KALE



## HARVEST OF THE SEASON

Make half your plate vegetables and fruits.



Most recently, kale was harvested on 376 acres in Arizona from 51 different farm operations.



Choose kale greens that are dark in color, crisp and free from brown and yellow edges.



Arizona grown vegetables and fruits taste best and cost less when purchased in season.







# LEAF LETTUCES

## Eat More Arizona Grown Leaf Lettuces

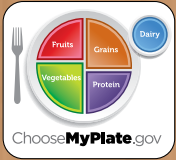
### Nutrients Found in Leaf Lettuces

- |                            |  |
|----------------------------|--|
| <b>Vitamin K</b>           | Plays a role in bone and blood health  |
| <b>Vitamin B9 (Folate)</b> | Helps to improve energy production and helps to keep your eyes, hair, liver and skin healthy |
| <b>Potassium</b>           | Helps you maintain a healthy blood pressure  |



### HARVEST OF THE SEASON

Make half your plate vegetables and fruits.



Most recently, Arizona produced 2,226,672,000 pounds of leaf lettuce. That is over \$1 billion of lettuce! This includes romaine and head lettuce. Also, organic lettuces were harvested from 3,236 acres and yielded 57 million pounds, or almost 28,500 tons of organic lettuce.



Choose leaf lettuces that are dark in color, crisp and free from brown or yellow edges.



Arizona grown vegetables and fruits taste best and cost less when purchased in season.







# Eat More Arizona Grown Peppers

## Nutrients Found in Peppers

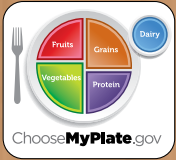
- Vitamin A** Helps your eyes and skin stay healthy
- Vitamin C** Helps your teeth and gums stay healthy
- Potassium** Helps you maintain a healthy blood pressure

# PEPPERS



## HARVEST OF THE SEASON

Make half your plate vegetables and fruits.



Arizona grows both sweet bell and chili (hot) peppers. Most recently, Arizona harvested over 13 acres of sweet bell peppers, and 1,250 acres of chili peppers.



Look for a glossy coat with no shriveling, cracks, or soft spots. For hot peppers, reds are typically spicier than its green version and shape is a better indicator of the heat than the color. The smaller the pepper, the hotter they will be!



Arizona grown vegetables and fruits taste best and cost less when purchased in season.





# Eat More Arizona Grown Summer Melon

## Nutrients Found in Summer Melon

- |                  |   |
|------------------|---|
| <b>Water</b>     | Helps keeps your body cool and improves digestion |
| <b>Vitamin C</b> | Helps your teeth and gums stay healthy            |
| <b>Vitamin A</b> | Helps your eyes and skin stay healthy             |

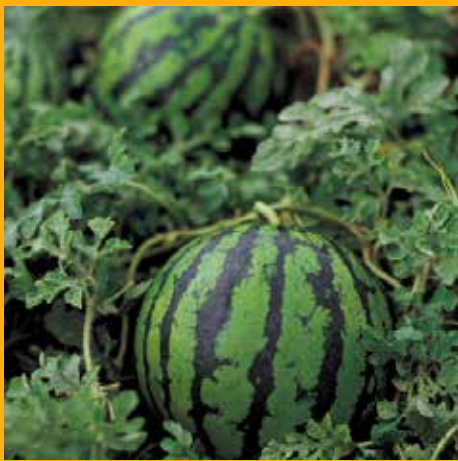
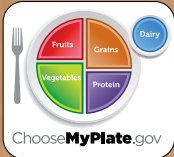


# SUMMER MELON



## HARVEST OF THE SEASON

Make half your plate vegetables and fruits.



Fresh melon is among Arizona's top produced specialty crops during the summer months. Most recently, Arizona produced over 706,580,000 pounds of watermelon. That is a value of just \$148 million.



Choose melons that are heavy for their size, free from soft spots and that smell sweet.



Arizona grown vegetables and fruits taste best and cost less when purchased in season.



# Eat More Arizona Grown Spinach

## Nutrients Found in Spinach

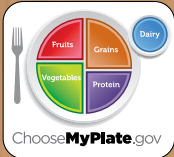
<b>Iron</b>	Helps give you energy to feel good and stay healthy
<b>Calcium</b>	Helps form bones and teeth and keeps them strong
<b>Vitamin K</b>	Plays a role in bone and blood health

# SPINACH



## HARVEST OF THE SEASON

Make half your plate vegetables and fruits.



Spinach is one of the top vegetables grown in Arizona. Most recently, spinach was harvested from 12,200 acres. That is over 2 billion pounds of spinach!



Choose fresh, crisp, green leaves of spinach that are free from damage or spots.



Arizona Grown vegetables and fruits taste best and cost less when purchased in season.







# SUMMER SQUASH

## Eat More Arizona Grown Summer Squash

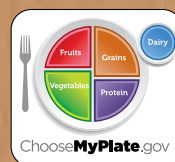
### Nutrients Found in Summer Squash

<b>Vitamin B9 (Folate)</b>	Helps keep your hair, skin and nails healthy and helps prevent birth defects
<b>Vitamin C</b>	Helps your teeth and gums stay strong and healthy
<b>Potassium</b>	Helps you maintain a healthy blood pressure



### HARVEST OF THE SEASON

Make half your plate vegetables and fruits.



Summer squash comes in a variety of shapes and sizes and grows best in a warm season, like summer. Most recently, squash was harvested on 514 acres in Arizona from 879 different farm operations.



Choose summer squash that is glossy, small to medium-sized, solid, and heavy for size.



Arizona grown vegetables and fruits taste best and cost less when purchased in season.





# Eat More Arizona Grown Tomatoes

## Nutrients Found in Tomatoes

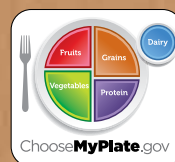
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|------------------|--|
| <b>Fiber</b>     | Helps keep your heart healthy and improves digestion |
| <b>Vitamin A</b> | Helps your eyes and skin stay healthy                |
| <b>Potassium</b> | Helps you maintain a healthy blood pressure          |

# TOMATOES



## HARVEST OF THE SEASON

Make half your plate vegetables and fruits.



Tomatoes are typically grown in hoop houses or greenhouses so they can be grown all year long. Most recently, tomatoes were harvested on 61 acres in Arizona from 145 farm operations.



Choose tomatoes that look firm, deep in color and are free from wrinkles or other signs of age. Trust your sense of smell with fresh produce like tomatoes. Tomatoes that have a slightly sweet, rich, and earthy scent are best.



Arizona grown vegetables and fruits taste best and cost less when purchased in season.



# Eat More Arizona Grown Winter Squash

## Nutrients Found in Winter Squash

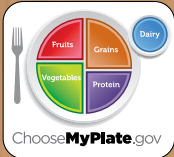
- |                  |  |
|------------------|--|
| <b>Vitamin A</b> | Helps your eyes and skin stay healthy                |
| <b>Vitamin C</b> | Helps your teeth and gums stay healthy               |
| <b>Fiber</b>     | Helps keep your heart healthy and improves digestion |

# WINTER SQUASH



## HARVEST OF THE SEASON

Make half your plate vegetables and fruits.



Buy fresh vegetables, like winter squash, in season when flavor and price are the best! Most recently, winter squash was harvested on 43 acres across 145 farms.



Choose winter squash heavy for its size and very hard. Press firmly to test the firmness of the rind.



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