This is NACHO ordinary Harvest Guide!



FIND CHEESE IN ARIZONA

Here are some of the places in AZ where cheese can be purchased:

- Arizona Farms Cheese, Tempe, AZ
 - Via Charlie's Produce
 - Via Sun Produce
- Crows Dairy, Buckeye, AZ
 - Via Blue Sky Organic Farms
 - Via Sun Produce CO-OP
 - Via Pivot Produce

Check out this article about the effects of visible cheese on selection and consumption visible cheese on selection and consumption of food groups to encourage (FGTE)

ARIZONA CHEESE FACTS

- Milk is the signature ingredient in all cheese.
 Different types of milk will help you add specific flavor profiles to recipes and cheese plates
- Cow's milk is the most commonly used in cheese making. However, sheep, goat, and buffalo's milk cheeses are also very popular.
- Cheese curds, known as "Squeaky Cheese," are a delightful result of cheese-making. These curds are extracted after the whey is removed, before pressing into blocks like Cheddar or Colby. With a mild, tangy flavor and a distinctive squeak, they are a popular snack. Fresh cheese curds can be eaten as a part of a meal, finger food, or an appetizer.

LOCAL RECIPES

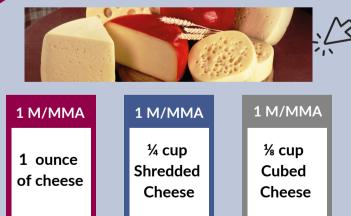
Basic Poutine Recipe

Poutine is a dish of French fries and cheese curds topped with a brown gravy. Traditional poutine is delicious, but don't be afraid to get creative with your toppings. Try experimenting with new flavors by adding different sauces and proteins.

Cucumber Tomato Feta Salad



Make this ahead of time, so the salad absorbs all those yummy flavors. Add some chunks of crusty Whole-Grain bread in the bottom of the bowl to soak up all the fresh ingredients!



QUICK MATH: CHEESE

In order for a food to contribute to the M/MA component, it must contain a minimum of onequarter ounce equivalent (0.25 oz eq) of a M/MA

2025 May | One in a Melon | Local Food for Schools The Arizona Department of Education

