



# Local Produce in Arizona

## FIND LOCAL PRODUCE IN ARIZONA:

### BLUE SKY ORGANIC FARMS:

- Frozen, **WHOLE** Strawberries
  - (leaves removed)
- Frozen, **Trimmed Green Beans**
  - (cut in half)

### AGRITOPIA FARMS:

- **Spring Onions**

2026  
Producer  
List

Check out what Local Foods are available



## FROZEN LOCAL

- Blue Sky Organic Farms has been able to lightly process (wash, trim) and freeze **green beans** and **strawberries** so schools can store them for next school year! The items are harvested fresh and then frozen on site.

### Why Frozen?

- Shelf life: up to 12 months frozen vs. 3-7 days for fresh
- order ahead without waste risk
- Predictable yield, no prep loss No trimming, coring, or waste factor.

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## TEACH

### SPRING ONIONS - AGRITOPIA FARM AND BLUE SKY ORGANIC FARMS

Spring onions contain vitamin A to maintain healthy organ functioning, vitamin C to strengthen the immune system, and vitamin K to promote faster wound healing. The onions also provide calcium to protect bones and teeth, potassium to balance fluid levels within the body, antioxidants reduce inflammation.



Spring onions have a fresh, sweet, and subtly pungent flavor well suited for both raw and cooked preparations

## TEACH

### SALAD MIX, TRULOCAL FARM



- Lettuce shouldn't be stored near any ethylene-emitting fruits. Ethylene causes lettuce to ripen super fast and can decay rapidly!
- Lettuce is about 95% water.
- Dark green lettuce leaves are more nutritious than light green leaves.
- Lettuce is the second most popular fresh vegetable in the United States. (Potato #1)



To ensure food safety with **fresh produce** always thoroughly wash under running water immediately before cutting and eating.