



Easy Steps to Keeping Produce Fresher

By Laura Slatalla, Recent ASU Nutrition Communication Student

In the United States, 30 to 40 percent of the food supply is wasted, equaling more than 20 pounds of food per person per month. One of the most common foods wasted, despite how nutritionally important, is produce.

Wasting fruit and veggies is a bummer, but we can do our best to keep them fresh, cutting down on food waste and keeping our meals tasting fresh and delicious. Here's a few tips to keep your home stocked with crisp and colorful produce.

1. Have a plan for your fruits and veggies. Sometimes vegetables are bought with good intentions, but if they aren't going to be incorporated into a recipe or used as snacks, they might go bad.

2. Learn how to use the crisper bins in the refrigerator. They are either high or low humidity drawers. The higher humidity is for leafy greens, strawberries, and most other vegetables. The lower humidity is for apples, avocados, and other fruits.

3. Avoid placing produce in the door of the fridge. The temperature fluctuate more as the door is opened a closed, making the items in the door more susceptible to spoiling.

4. Keep onions and potatoes in the pantry. They need to be stored in a cool and dark area. Bins on the bottom shelf of the pantry work great as long as it's not too close to the oven.

5. Use cool water or a bowl of iced water to rinse leafy greens, celery, and herbs before preparing. They'll be crisper and refreshed.



Keep potatoes in the pantry in a cool and dark area.

6. Most produce can be stored in the fridge, but a few cannot. Bananas, tomatoes, and potatoes should not be put in the refrigerator.

7. Most fruits, like peaches, should ripen on the counter before being cooled. They may not ripen properly if they are put in the fridge too early.

8. Use a little lemon juice on cut produce to prevent it from turning brown. Always refrigerate produce that has broken skin or has been cut.

9. Try to keep produce items to a minimum. Having too many items crammed together decreases air circulation and makes produce go bad quicker.

10. If you realize that something won't be used quickly enough, then freeze it for a later date. Frozen fruits go great in smoothies and frozen veggies make easy dinner sides.

They can be steamed from their frozen state or cooked before freezing.

Though food waste is a major concern today, we can at least do our part to make a difference. The one strategy that works the best is shopping for food with a plan and then sticking to the plan. The foods you've purchased will then be prepared and eaten. Enjoy!

Remember to go to [Fill Your Plate](#) to search for recipes, other articles about nutrition and to find out what's in season. ■

Ag in the Classroom is Back in the Classroom

By Katie Aikins, Arizona Farm Bureau Assistant Director of Education



Arizona Farm Bureau's Ag in the Classroom is back in the classroom! Here are some upcoming and new programs for the 2016-2017 school year.

Fall Ag Literacy

AITC is offering a free 30-minute classroom presentation for grades K-2 across the state. The presentation includes the story *All*

About Pumpkins and includes a hands-on pumpkin life cycle activity. The first 500 teachers to sign up for the event get to keep the book for their classroom library! *We only have about 100 spots left!*

Farm Friday Fun with Arizona Agriculture

Farm Friday Fun with Arizona Agriculture is a year-long program that allows classrooms to explore a different Arizona crop each week. See [Ag in the Classroom](#) page 2

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Try these Seven Steps to Pest Prevention First

By **Peggy Jo Goodfellow**, Arizona Farm Bureau Marketing Manager

If you live in the desert southwest, you know there are many types of insects, ants, spiders, beetles, termites and more that live in the desert. Pest control is necessary, but how can we safely solve pest problems? The key is to be willing to ask questions. Learning about the pests you have and options that are available to control specific pests.



Fortunately, Arizona Farm Bureau members have a member benefit discount with Truly Nolen Pest Control at all their locations in Arizona. Truly Nolen can answer questions and give you a complete list of their services and locations in Arizona.

Prevention is key. Here are seven step to pest prevention:

- Remove sources of food, water and shelter.
- Store food in sealed plastic or glass containers. Garbage containing food scraps should be placed in tightly covered trash cans. Remove garbage regularly from your home.
- Fix leaky plumbing and don't let water accumulate anywhere in the home. Don't let water collect in trays under your house plants or refrigerator. Don't leave pet food and water out overnight.
- Clutter provides places for pests to breed and hide and makes it hard to get rid of them. Get rid of things like stacks of newspapers, magazines, or cardboard.
- Close off places where pests can enter and hide. For example, caulk cracks and crevices around cabinets or baseboards. Use steel wool to fill spaces around pipes. Cover any holes with wire mesh.
- Learn about the pests you have and options to control them.
- Check for pests in packages or boxes before carrying them into your home. ■

Arizona Farm Bureau's



Our Websites are Mobile Friendly!

Both azfb.org and fillyourplate.org are mobile friendly



Ag in the Classroom

Continued from page 1

month. Teachers are provided with information about the crop, a profile of one of Arizona's Farmers and a lesson plan on that month's crop. The program is FREE.

From Farm to Football

In cooperation with Hickman's Family Farms, a proud sponsor of the Arizona Cardinals, AITC brings you *From Farm to Football*. This exciting program will allow students and classrooms to learn how agriculture is all around us, even on the football field!

Participating classrooms will receive a poster and video messages from David Johnson, running back for the Arizona Cardinals. Each month classrooms will learn about one of the agricultural commodities that plays a large role in our everyday lives on and off the field. Students will pen pal with Arizona farmers and learn how the farm makes its way to the football field. The program runs October 2016 - January 2017.

To sign-up your classroom for any of these programs, contact Katie Aikins at katieaikins@azfb.org or 480-635-3608. ■

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Ode to the Pumpkin

Pumpkin is in the squash family and can easily be baked to prepare the pulp for use in pumpkin recipes. Choose a sweet pie pumpkin or other cooking pumpkin for best results. That jack-o-lantern pumpkin, if still fresh, can also be used.

Making Pumpkin Puree

If the pumpkin is small enough to fit into your oven “whole” (you might have to put one rack in the lowest track) do the following:

- Wash pumpkin thoroughly.
- Make 5-6 deep slits in the outer skin with a large knife.
- Place the pumpkin in a baking dish or on a baking sheet lined with foil or parchment paper.
- Bake at 350 degrees for 1 hour or until a fork easily pokes through the skin.
- Let cool slightly. Then cut in half.

Scoop out the stringy pulp and seeds. Save the seeds to dry and roast. Scoop out the remaining pulp, a small amount at a time, and puree in a food processor or mash through a colander.

Your puree is now ready for your favorite pumpkin recipes.

Tips:

Pumpkin puree will freeze well. Store in amounts called for in your recipes. If your puree is too watery after processing, put in a bowl and put it in the refrigerator. After a day or two the water will rise to the top and can be poured off. Then freeze.

*If your pumpkin is too large for your oven “whole” cut it in half (either direction) after washing. Clean out the stringy pulp and seeds now, if you wish. Place on a baking sheet, skin side up. You do not need to slit the skin. Cool and process as explained above.

Provided by Linda Merrell, Duncan, AZ

See **Pumpkin** page 4



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Arizona Agriculture's CHOICES

New Benefits...Just in time for the Holidays

Phoenix Flower Shops

Farm Bureau members now receive a 10% discount off flowers, gift baskets, and any retail item at all eight Phoenix Flower Shop locations. To order call 602-840-1200 or purchase online at www.phoenixflowershops.com. ■



www.bootbarn.com

Boot Barn

Farm Bureau members receive 15% discount on one regularly priced western wear item. Not valid on purchase of UGG, Levi's, Wrangler 13MWZ, 47MWZ, 936DEN or gift cards.

Show your Farm Bureau card to receive the discount.

There are 13 store locations in Arizona to serve you,

For more information, on all your Farm Bureau member benefits, call Peggy Jo Goodfellow at 480-635-3609 or email peggyjogoodfellow@azfb.org. ■

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Harvest Pumpkin Bars

Ingredients:

- 2 C flour
- 2 tsp. Baking soda
- ½ tsp. Salt
- 4 eggs, beaten
- 1 tsp. Cinnamon
- 2 C shredded or canned pumpkin
- 2 C sugar
- 1 C vegetable oil
- 1 C chopped nuts

Frosting

- ½ C margarine
- 2 C powdered sugar
- 1 8-oz. cream cheese
- 1 tsp vanilla



Mix all ingredients together and bake in 9x13 pan for 25 minutes at 350 degrees. Cool slightly. For icing, beat cream cheese and margarine, add vanilla, mix in powdered sugar until smooth. Spread over pumpkin bars. Slice into squares and enjoy!

Provided by: Paula Jensen, Gilbert, AZ

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Maricopa County needs a farmer on the Central Arizona Water Conservation District board to assure we have water for local food production.



Michael Francis, a native Arizonan and University of Arizona graduate, owns a diverse farming operation and garden rose distribution enterprises. He also serves on the Governor's Military Affairs Commission and was chairman of the Arizona Power Authority. Francis knows water and has solid experience to balance the diverse interests that serve on the board.

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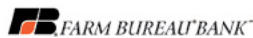


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Fall Pumpkin and Corn Maze Festivals

Cochise County

Apple Annie's

Fall Pumpkin Celebration

Old fashioned family fun picking your own pumpkins, fall vegetables and apples. U-pick pumpkins and produce for sale. Visit the farm or place an order online.

Open 8:30 a.m. - 4 p.m. on the following days:

September 17-18 CORN MAZE OPENS (Corn Maze ONLY this weekend)

September 24-25 (Pumpkins, Hayrides and Corn Maze)

October 1-2 (Pumpkins, Hayrides and Corn Maze)

October 8-9 (Pumpkins, Hayrides and Corn Maze)

October 15-16 (Pumpkins, Hayrides and Corn Maze)

October 22-23 (Pumpkins, Hayrides and Corn Maze)

October 29-30 (Pumpkins, Hayrides and Corn Maze)

Apple Annie's Produce & Pumpkins

6405 West Williams Rd

Willcox, AZ 85643

For more information, call 520.384.4685 or visit AppleAnnies.com.

Willcox Wine Country Festival

October 15-16 11am - 5 pm

The Willcox Wine Country Festival is a two-day fun-filled event at historic Railroad Park in downtown Willcox. Admission to the festival is FREE - listen to music and browse vendor and wine booths without charge. Food, Music, Fine Art, Crafts, Local Produce & More. Choose from over 70 wines from 17 Arizona wineries. Vendors featuring locally grown and made products, live Music on Saturday & Sunday

Railroad Avenue Park

Willcox, AZ 85643

64th Annual Rex Allen Days - Willcox

September 29 - October 2

Rex Allen Days celebrates Arizona's most famous singing Cowboy in four days of fun. This year is going to be fun! Softball tournaments, AYSO's car show benefiting local youth players, Arizona Truck and Tractor Pulls' events, "Box" turtle races at the park, Parade Reyna contests, Music, Dancing, come join us and enjoy Western Family Fun at its finest.

rexalldays.org

Location: Willcox, AZ

Maricopa County

MacDonald Ranch

Annual Pumpkin Patch

Family fun includes: A Petting Zoo; Run through the Hay Maze; Learn to pan for gold; Hayride and Train ride to the

Pumpkin Patch; Play Western Games; "New" Pedal carts for kids!

Open: October 1 - October 31 from 9 a.m. - 6 p.m.

MacDonald Ranch

26540 N Scottsdale Rd

Scottsdale, AZ 85255

For more information, visit macdonaldsranch.com or call

480.585.0239.

Mother Nature's Farm

Load up the family, bring your friends and neighbors to the Pumpkin Patch.

Enjoy a fall gourd show, U-pick pumpkins, squash, and produce for sale.

Annual Pumpkin Festival Begins October 1 October 31, 2016 from

9:00 a.m. - 9:00 p.m. 7 days a week. Admission and times vary.

Mother's Nature's Farm

1663 E Baseline Rd

Gilbert AZ 85233

For more information, call 480.892.5874 or visit mothernaturesfarm.com

Rocker 7 Farm Patch

Enjoy a fun, family farm experience as you explore the pumpkin patch, corn maze, sunflower field and many farm-related activity areas for children.

Rocker 7 Farm Patch is open to the public the last three weekends of

October. Admission is \$10 per person (children in diapers are free)

Friday October 7, October 14, October 21 and October 28, 9 am to 6 pm

Saturday October 8, October 15, October 22 and October 29, 9 am to 6 pm

Sunday October 9, October 16, October 23 and October 30, 11 pm to 6 pm

Location: 19601 W Broadway Rd, Buckeye, AZ 85326

For more information, visit rocker7farmpatch.com or call 623.208.8676

Schnepf Farms

Pumpkin & Chili Party starts October 1 - October 31 10 am - 9 p.m.

Admission includes Rides!

Open 10 a.m. to 9 p.m. on Thursdays & Sunday

Open 10 a.m. to 10 p.m. on Friday & Saturday (closes at 4 pm Oct 3)

Admission is \$17.00 plus tax per person or \$14.00 at any FRY'S. (does not include pumpkins, food, train or pony rides)

Schnepf Farms

24810 S Rittenhouse Rd

Queen Creek, AZ 85142

For more information, call 480.987.3100 or visit schnepffarms.com

Tolmachoff Farms

Pumpkin Days & Fall Maze

Visit one of the last family farms in the city!

Open every day beginning October 1st - November 8th.

Family Maze, Hay Maze, Petting Zoo and Play Areas

U-pick pumpkins and produce for sale.

Admission is \$10.00 each ages 2 and up

Train Ride \$2.00 each (weekends only)

HAUNTED CORN MAZE: October Only. Every Friday & Saturday &

Halloween Night 7 pm to 11pm (Last ticket sold 1 hour before closing)

Haunted Maze ONLY: \$11 each (all ages) Opening night Oct 1 thru

Halloween Night Oct 31!

Tolmachoff Farms

5726 N 75th Ave

Glendale, AZ 85303

For more information, call 602.999.3276 or visit tolmachoff-farms.com.



Fall Festivals *Continued from page 6*

Vertuccio Farms

October 1 - November 6, 2015

Admission price includes 7-acre Corn Maze; Giant tube roll; Giant Jump Pad; Extreme air pillow; Mini zip line; Mini Hay Maze (for young children); Spider-web climb; Duck races; barrel train ride and petting zoo. Pumpkins priced according to size and variety.

Admission \$9 per person. Ages 2 & younger free. Group rates available for 30 or more.

Hours are Monday through Thursday 9 a.m. - 9 p.m.

Friday and Saturday 9 a.m. - 10 p.m.

Sunday 10 a.m. - 6 p.m.

Location: 4011 S. Power Rd., Mesa

For more information, call 480.882.1482 or visit vertucciofarms.com/fall-festival



Pima County

Bucklew Farm Pumpkin Festival & Corn Maze

Enjoy a day at the farm with horse drawn wagon rides out to the pumpkin patch to pick your pumpkin off of the vine. We also have a 3 corn mazes, Scavenger Hunt Maze, haunted cornfield, arts and crafts, petting zoo, pedal carts, food booths, duck races and more.

Bucklew Farm
17000 W Ajo Hwy
Tucson, AZ 85735

Open weekends beginning October 8 - October 30 10 a.m. - 5 p.m.

Admission is \$10.00 each. Kids in diapers are free.

Bucklew Farm is just 30 minutes from downtown Tucson.

For more information, call 520.822.2277 or visit bucklewfarm.com.

Marana Pumpkin Patch

Visit their 50 acre pumpkin patch with tons of surprises in store! We have wagon ride to the pumpkin patch; free access to corn mazes; straw mountain and the kids zone; petting zoo; pig races; duck races; jumping pillow; and much more!

Open October 1 through October 30, 2015.

\$10 per person Monday through Thursday from 3 p.m. to 7 p.m. or

\$12 per person Friday, Saturday and Sunday from 9 a.m. to 7 p.m.

Please show up at least 1 1/2 hours before closing so you'll be able to enjoy ALL the fun!

Marana Pumpkin Patch & Farm Festival

14901 N Wentz Road, Marana

520.305.5481 or email maranafarmfestivals@aol.com



Sahuarita Pecan Festival

November 12

This unique festival, centered in the Santa Cruz River Valley, is family focused and community oriented. Held on the grounds of the Green

Valley Pecan Company for one day.

From 9:00 am to 5:00 pm

Enjoy the Pecan Store, food vendors, shopping with local artisans, Arabian horse demonstrations, horse drawn hay wagon rides, entertainment all day, tractor pulling competitions and much more.

For more information, visit www.sahuaritapecanfestival.com

Pinal County

Rooster Cogburn Ostrich Ranch

Family owned and operated. Stop by and feed the ostrich, deer, miniature donkeys, goats, ducks, and Rainbow Lorikeets.

Open Friday, Saturday and Sunday June 1 - November 15 9 am to 5 pm

Open Daily, Winter season (November thru April 30th) 9 am to 5 pm

\$7.00 per person, age 5 & under free -

Monster Truck Tours on Sat., Sun, and Holidays. Fun for all Ages!

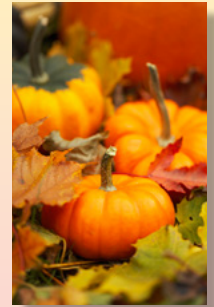
\$15 ages 6 and over

Located between Tucson and Phoenix near Interstate-10 at the Picacho Peak exit #219

17599 E Peak Ln, Picacho, AZ 85141

For more information, call 520.466.3658

or visit roostercogburn.com.



Yavapai County

Mortimer Family Farms

Bring back the rich farming history of Dewey-Humboldt and identifying the traditions of the past in this landmark farming community.

Family Fun Day and Pumpkin Harvest- Begins Sunday October 1 - October 31st

15- acre Pumpkin Patch, 25- acre Corn Maze, games, food vendors, BBQ, pies, apple cider, corn maze, barrel train, farm slide, Barn Dance, Farm Animal Kingdom, Hay rides and much more.

Open Friday, Saturday and Sunday's in October

Admission: \$15 per person (children 2 and under are free) Group pricing available for 20 or more.

For more information, call 928.830.1116 or visit

mortimerfamilyfarms.com.



Remember...you can always go to <http://www.fillyourplate.org> for a complete direct-market list of farmers and ranchers.


For more Fall Farm information, go to azfb.org.




Arizona Farm Bureau
325 S. Higley Rd., Suite 210, Gilbert, AZ 85296-4770

Periodicals

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Go to azfb.org



Arizona Agriculture's
CHOICES

The Faces of Arizona Agriculture

Navajo County Sod Farmer and Rancher **Bob and Pari Flake**

- They have 4 daughters, live in Snowflake
- 5th -generation farm and ranch producer on the same land
- Bob was formerly Navajo County Farm Bureau President and state board member and former Young Farmer and Rancher chair
- Pari, served as Navajo County secretary-treasurer; cooking teacher at Snowflake Jr. High
- Bob serves as coach for the Snowflake High School basketball team
- They consider serving Farm Bureau “a lifetime calling”

