



UNDERSTANDING HOW A FOOD CRISIS ALWAYS CORRELATES WITH POLITICAL INSTABILITY

By Julie Murphree, Arizona Farm Bureau Strategic Communications Director

A Military expert speaking at American Farm Bureau's Annual Meeting a few years ago told his audience of 5,000 American farmers and ranchers, "If you keep doing what you do to feed America and the world, we won't have to do what we do in the military." He then pointed to history for proof that a country's population that's hungry is primed for unrest and uprisings. His impassioned words have stuck with me, and I've always glommed onto news reports speaking of regional famine and food price spikes around the globe. "What will happen to the country," I've lamented. One of the most recent examples of a people desperate for food was Sri Lanka.

Not just hunger but poverty, unemployment, social injustice, and more contribute to social unrest. But hunger makes us grow desperate. Geopolitical experts at the New England Complex Systems Institute identify a specific food price threshold above which protests become likely.

Marco Lagi, Karla Z. Bertrand, and Yaneer Bar-Yam, in "[The food crises and political instability in North Africa and the Middle East](#)," highlight this point in their abstract: "Despite the many possible contributing factors, the timing of violent protests in North Africa and the Middle East in 2011 as well as earlier riots in 2008 coincides with large peaks in global food prices. These observations suggest that protests may reflect not only long-standing political failings of governments but also the sudden desperate straits of vulnerable

and increasing global social disruption. Underlying the food price peaks we also find an ongoing trend of increasing prices. We extrapolate these trends and identify a crossing point to the domain of high impacts, even without price peaks, in 2012-2013. This implies that avoiding global food crises and associated social unrest requires rapid and concerted action."

When you're hungry, you're desperate. Right now, The World Food Program USA identifies the Democratic Republic of Congo, Afghanistan, Yemen, Syria, The Sahel, South Sudan, Sudan, Somalia, Northern Ethiopia, and Haiti as the countries suffering the most from hunger.

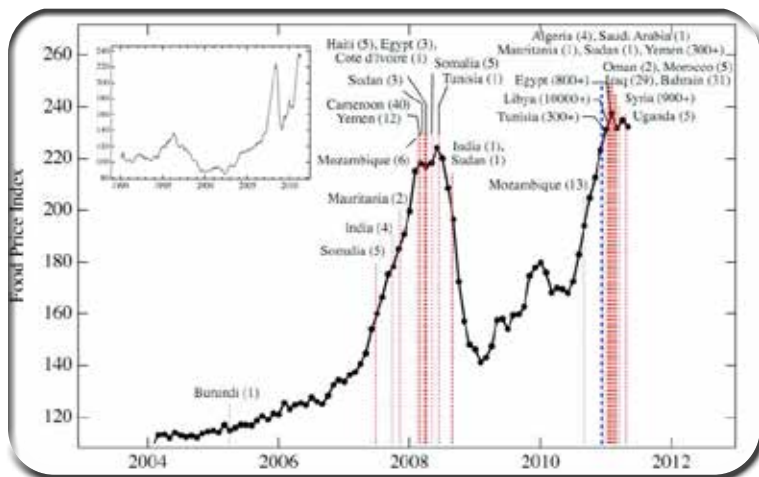
Additionally, Dr. Alicia Ellis, Director of the MA in Global Security Program in the School of Politics and Global Studies at Arizona State University, brings home our current vulnerabilities. "The risk of food-related political crises is being exacerbated today by the Russian invasion of Ukraine, which disrupted the export of staple foods, particularly wheat and other grains. It isn't just the percentage of the world supply that is the important metric, it's also where those supplies are going. In July, Russia pulled out of the grain deal allowing those exports past the Russian blockade in the Black Sea; over half of those exports were supplying countries in the Middle East and Africa most vulnerable to food insecurity: Kenya, Somalia, Sudan, Ethiopia, Afghanistan, among others. A lot of these areas are also suffering from prolonged drought. So, we're looking at further squeezes on local farmers in these vulnerable areas, alongside shortages and higher prices for consumers. This generates tremendous socioeconomic pressures and compounds the risk of political instability."

In all of this, however, there is always hope for desperate, hungry people.

Innovation In Agriculture Helps Make the Difference

According to a paper by the Organization for Economic Cooperation and Development (OECD), since 1960, global food production has increased by 390% while land use has increased by a mere 10%. Improved farming technologies that include soil and water use improvements, along with improved seed have contributed to this amazing increase in food production. These seed technology improvements also include the use of genetically modified (GM) seed development, but not exclusively as even continued traditional seed hybridization is helpful. One estimate of the impact that GM crops have had on land use undertaken in 2010 found that without GM crops, an additional 13 million hectares of land would have been globally required to produce the amount of food that was available. Obviously, to keep our world fed, we can't

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Time dependence of FAO Food Price Index from January 2004 to May 2011. Red dashed vertical lines correspond to the beginning dates of "food riots" and protests associated with the major recent unrest in North Africa and the Middle East.

populations. If food prices remain high, there is likely to be persistent

In this Issue

**VISIT FALL FESTIVALS, JOIN US FOR OUR
ANNUAL RACIN' FOR THE BACON DERBY
DINNER OCTOBER 13TH**

FALL FESTIVALS AROUND ARIZONA

By Staff Reports

Despite the fact it may still be in the triple digits in the desert, fall 2023 is pretty much here – at least on the farm. Arizona Farm Bureau's Fill Your Plate hopes you plan many outdoor family outings with Arizona farms in mind. You may already notice Fill Your Plate's "Visit A Farm" section, but we also updated the information below so you can find the nearest farm fall festival.



Arizona farms you can visit vary, full of family-oriented fun and give you a chance to teach your children about agriculture

in a hands-on, interactive way. Whether the farm is up north or down south, you will find a variety of activities for the family during one of our famous pumpkin festivals. Enjoy the fall fun and the cooler weather, at least when it gets here!

Below, the various Arizona farms you can visit this fall are broken out by the county they are located within.

Fall Pumpkin and Corn Maze Festivals

Cochise County

Apple Annie's

Fall Pumpkin Celebration, family fun picking your own pumpkins, fall vegetables and apples.

Apple Annie's Produce & Pumpkins

6405 West Williams Rd

Willcox, AZ 85643

Daily Hours

September: 9:00am to 5:00pm

October: 9:00am to 5:00pm

Corn Maze

September 23rd Open DAILY through October 31, 9:00am - 4:00pm (last entry)

For more information, call 520-384-2084, or visit AppleAnnies.com

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!

MacDonald Ranch

26540 N Scottsdale Rd

Scottsdale, AZ 85255

Daily Hours

September 30th - Oct 29th Closed on Tuesday & Halloween

9:00am - 5:00pm each day – last tickets sold at 5:00pm

Closed Monday 10/30 & on Tuesdays

For more information, visit macdonaldranch.com/pumpkin-patch.htm, or call 480.585.0239.

Mother Nature's Farm

Come to the Pumpkin Patch. Enjoy a fall gourd show, U-pick pumpkins, squash, and much more.

Mother's Nature's Farm

1663 E Baseline Rd

Gilbert AZ 85233

Pumpkin Patch Daily Hours:

September 23rd – October 31st

See **FALL FESTIVALS** Page 3

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Arizona Agriculture is published 9 months, plus two special editions annually, (ISSN-0274-7014) by the Arizona Farm Bureau Federation... 325 S. Higley Rd., Suite 210, Gilbert, AZ 85296

Periodicals postage paid in Higley, Arizona and additional mailing offices. POSTMASTER: Send address changes to Arizona Agriculture, 325 S. Higley Rd., Suite 210, Gilbert, AZ 85296. Subscription amount is included in annual dues.

FALL FESTIVALS Continued from Page 2

Monday – Sunday

9:00am-9:00pm

For more information, visit news@mothernaturefarm.com, or call 480.892.5874

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

19601 W Broadway Rd

Buckeye, AZ 85326

Opening day 2023: Thursday Oct 12th and every weekend through October (Thursday-Sunday) Closed on Halloween 3pm-6pm Thursdays/Fridays 9am-6pm Saturday/Sunday

For more information, visit rocker7farmpatch.com, or call 623.208.8676

Schnepf Farms

Pumpkin & Chili Party starts October 5th.

Schnepf Farms

24610 S Rittenhouse Rd

Queen Creek, AZ 85142

Every Thursday – Sunday Oct 5th – Oct 29th

Must buy tickets ahead of time online.

For more information, visit schnepffarms.com, www.pumpkinandchiliparty.com or call 480.987.3100

Tolmachoff Farms

Pumpkin Days & Fall Maze. Visit one of the last family farms in the city!



Tolmachoff Farms
5726 N 75th Ave
Glendale, AZ 85303

Fall Festival fun begin October 4th, 2023.

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

Vertuccio Farms

5-acre Corn Maze; Giant tube roll; Giant Jump Pad; Extreme air pillow; Mini zip line; Hayrides and lots more.

4011 S. Power Rd.

Mesa, AZ 85212

Corn Maze & Fall Festival – 2023

September 29th– October 29th

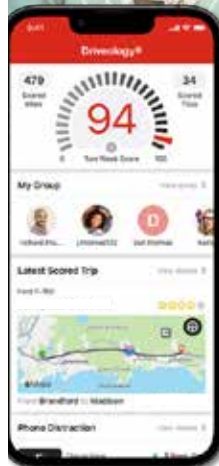
Tuesdays-Thursday 3pm – 9pm

Friday-Saturday 9am – 10pm

Sunday 12pm – 7pm

For more information, visit will, or call 480.882.1482.

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Navajo County

Willis Farm

Come enjoy a pumpkin patch, Agrifact Maze, Big Cornmaze, Laser Tag and more.

Kid Haunt Oct 27th & 30th

*Limited supply of tickets available

*6-10 people group

Willis Farms

381 S. 1st E. Street

Snowflake, AZ

Begins October 1st, 2023.

Closed on Sundays

*Please check the weather before coming

Pima County

Marana Pumpkin Patch

Visit their 50-acre pumpkin patch with tons of surprises in store! Wagon ride to the pumpkin patch; free access to corn mazes; and much more!

Marana Pumpkin Patch

14901 N Wentz Road,

Marana, AZ

Begins October 7th-October 29th



See **FALL FESTIVALS** Page 5

AG IN THE CLASSROOM CELEBRATES 15 YEARS

By Staff Reports

As the 2023-2024 School Year officially begins, the Arizona Farm Bureau Ag in the Classroom (AZFB AITC) program is excited to be back in the classrooms educating youth about agriculture, food, and the folks that produce it. This year will mark the 15th year that AZFB AITC has been providing standards-based curriculum and programs to Arizona Schools.

"I can't believe it has been 15 years! I guess time really does fly when you are having fun," says

Education Director Katie Aikins.

Over the past 15 years, the program has engaged over 1.3 million students and adults through classroom presentations and community events, had over 135,000+ video views on our educational videos, lent out Commodity Curriculum Kits to over 2,000 classrooms, and added 2 full-time Ag in the Classroom Managers. We can't wait to see what the next 15 years bring!

If you are a teacher and would like to bring agriculture into your classroom or know a teacher who would, visit www.azfbaitc.org or reach out to aitc@azfb.org. 🍌



PRESERVING HEARING HEALTH: A GUIDE

By Staff Reports

We here at Arizona Farm Bureau want our members to protect their hearing. If you ever experience noise-induced hearing loss symptoms, remember that they may happen hours or even days after the exposure ends. Your hearing may return, but the damage to your inner ear may still be permanent. Noise-induced hearing loss is a common condition that may be caused by a single event or continuous exposure to loud noise. This article will show you the symptoms of this condition and the importance of early detection to prevent further damage to your hearing.



About Noise-Induced Hearing Loss

Noise-induced hearing loss (NIHL) occurs when hair cells inside your ear die and can't grow back. These hair cells are damaged by a single event or regular exposure to loud sounds, possibly due to a person's occupation. In certain instances, hearing loss can be immediate, while in other cases, symptoms accumulate over time. This condition affects people of all ages, so take precautions to protect your hearing from harmful noise.

Importance of Prevention and Early Detection

Prevention and early detection of NIHL are vital for preserving hearing health, avoiding occupational hazards, enhancing communication, saving costs, See **PRESERVING HEARING HEALTH** Page 7

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FOOD CRISIS

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return to crop production that doesn't rely on integrating modern technologies. Increasing land use every year is not a sustainable way to produce crops.

So why do we as Americans, more specifically Arizona families, need to worry about a food crisis? We're fine here in America, right?

Well, yes. But we need to continue to be vigilant about protecting, defending, and not over-regulating American and Arizona agriculture that feeds and clothes us. Arizona Farm Bureau's role in the agricultural industry is to advocate, communicate and educate on the importance of the one industry that keeps us well-fed, well-

clothed, and free to pursue our own dreams unrestricted from the challenges of farming and ranching on our own little plots - corners - of the world (but your backyard garden is a very good idea).

Our thoughts, prayers, and support must be with those countries struggling with poor food systems. In the meantime, our own food inflation reminds us of how important America's food system is to all of us. Remember your local Food Banks always appreciate food and financial support to help those in our own communities facing food insecurity. 🍞

FALL FESTIVALS

Continued from Page 3

Monday – Wednesday Closed

Thursday – Friday 3pm-8pm

Saturday – Sunday 9am-8pm

For more information visit maranapumpkinpatch.com or call 520.305.5481.

Pinal County

Rooster Cogburn Ostrich Ranch

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

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

Family Fun Day and Pumpkin Harvest begins September 29th-October 29th.

Mortimer Family Farms
12907 E State Route 169
Dewey, AZ 86327

Fall Festival Fun Begins

September 29th – October 29th.

For more information, visit mortimerfarmsaz.com, or call 928.830.1116.

Remember...go to fillyourplate.org for a complete direct-market list of farmers and ranchers. Also, check out Fill Your Plate's directory called "Visit a Farm." 🍞

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EXPERIENCE A PERFECT STAYCATION AT GREAT WOLF LODGE WITH EXCLUSIVE DISCOUNTS FOR ARIZONA FARM BUREAU MEMBERS

By Staff Reports

When planning a vacation, sometimes the best adventures are right in our backyard. If you're seeking a memorable staycation experience in Arizona, look no further than Great Wolf Lodge. Known for its family-friendly atmosphere and exciting indoor water park, this resort offers the perfect combination of relaxation and entertainment. Arizona Farm Bureau members can enjoy exclusive savings of up to 30 percent on their next stay at the Great Wolf Lodge.



Unveiling the Great Wolf Lodge Experience:

Great Wolf Lodge is an all-in-one destination that caters to families and provides various activities for all ages. This resort has something for everyone, from thrilling water slides to interactive games and cozy accommodations. Here are some highlights of what you can expect during your stay:

Indoor Water Park:

Dive into adventure at the indoor water park, featuring exhilarating slides, wave pools, lazy rivers, and splash areas suitable for children and adults. No matter the weather outside, you can enjoy the water park's excitement all year round.

Entertainment for All Ages:

Great Wolf Lodge offers various activities beyond the water park, such as mini-golf, arcade games, Magi Quest interactive games, and live character appearances. There's never a dull moment at this family-friendly resort.

Comfortable Accommodations:

After a day of fun-filled activities, relax in the lodge's comfortable and spacious suites designed with families in mind. Each suite

features plenty of amenities to ensure a cozy and convenient stay, including separate sleeping areas, flat-screen TVs, mini-fridges, and complimentary Wi-Fi. Whether you're a small family or a larger group, there are accommodation options to suit your needs.

Dining Experiences:

Great Wolf Lodge offers a variety of dining options to satisfy every craving. From casual dining at the Loose Moose Family Kitchen to quick bites at the Hungry as a Wolf food court, there's something to please every palate. Remember to indulge in their signature sweet treat, the freshly baked Wolf Den dessert pizza.

Exclusive Savings for Arizona Farm Bureau Members:

As a member of the Arizona Farm Bureau, you have access to exclusive savings of up to 30 percent on your next stay at the Great Wolf Lodge. This special discount allows you and your family to create unforgettable memories while enjoying all the fantastic amenities this resort offers.

Visit the [AZFB](http://azfb.org) website today to explore the wide range of exclusive offers and discounts that provide valuable savings on various products and services. Our [Membership section](#) is categorized by benefit type, providing a quick and easy way to browse the options and see what is available. Take advantage of all the fantastic benefits waiting for you as an Arizona Farm Bureau member! 🍕



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PRESERVING HEARING HEALTH

Continued from Page 4

promoting public health, and ensuring psychological well-being. Early detection allows for timely interventions, reducing the impact of NIHL on personal relationships, work productivity, and overall quality of life. By prioritizing prevention and early detection, we can mitigate the irreversible effects of NIHL, improving overall well-being and reducing economic burdens.

Noise-Induced Hearing Loss Symptoms and Side Effects

The symptoms and side effects of noise-induced hearing loss can vary depending on the severity of the condition. Here are some common signs and side effects that will help you know if you have noise-induced hearing loss:

Tinnitus

Tinnitus refers to the perception of ringing, buzzing, hissing, or other phantom ear sounds. It is a common side effect of noise-induced hearing loss and can be persistent or intermittent. Tinnitus can significantly impact a person's quality of life, leading to sleep disturbances and concentration difficulties.

Sensitivity to loud sounds

Individuals with noise-induced hearing loss often become more sensitive to loud noises. Even moderately loud, previously tolerable sounds may become uncomfortable or even painful.

Difficulty understanding speech

People with noise-induced hearing loss may have difficulty understanding speech, especially in noisy environments or when there are competing sounds. This is because the ability to discern and separate speech sounds from background noise is impaired.

Rely on Great Hearing Benefits

If you are concerned about having this condition, conducting a hearing test will help you know what type of hearing loss you may have. Taking the appropriate approach to your need for these hearing problems is crucial to prevent permanent hearing loss.

At [Great Hearing Benefits](#), we partner with health plans, employers, unions, and various organizations to enhance the hearing health of individuals. Our mission is to make high-quality care and award-winning technology more accessible to those experiencing



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6TH ANNUAL RACIN' FOR THE BACON DERBY DINNER OCTOBER 13TH

By **Katie Aikins**, Arizona Farm Bureau Education Director

Be sure to join us for the 6th Annual Racin' for the Bacon Derby Dinner. The event will be held Friday, October 13th from 5:00-9:00 pm on the South Lawn of the Arizona Farm Bureau building in Gilbert. Join us for the infamous pig races, delicious Arizona Farm Bureau Grill Dinner, live and silent auctions, and be sure to participate in our Derby Hat competition by wearing your fanciest hat. This event serves as the only fundraiser for the Arizona Farm Bureau Educational Farming Company and all proceeds help bring agriculture into the classroom.

This year's event will not only raise

funds to continue agriculture education efforts in Arizona, but attendees will experience many Arizona Grown products. Both Live and Silent Auctions, appetizers, a dinner, and desserts feature some of the fabulous products coming from Arizona farms and ranches. Purchase your ticket today to attend this night to remember and support ag education in Arizona. Tickets are \$50 and can be purchased online at <https://www.azfb.org/Article/Mark-your-calendars-for-the-5th-Annual-Racin-for-the-Bacon-Derby-Dinner> or by calling Katie Booth at 480-635-3605. 🍌



Racin' for the Bacon
Presented by: Arizona Farm Bureau
October 13th
Tickets are \$50
Tickets on sale through October 10th
5:00pm-9:00pm
Arizona Farm Bureau
South Lawn
325 S Higley Rd,
Gilbert, AZ 85296



Arizona Farm Bureau

325 South Higley Rd, Suite 210, Gilbert, AZ 85296

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Paul Brown used to say to me:

"Farmers, we farm the weather about as much as we farm the soils if not more."

U of A Professor of Environmental Sciences

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